



Kale and Farro Salad with Aged Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup farro
- 1 clove garlic thinly sliced
- 0.3 cup aged goat cheese shaved
- 1 juice of lemon
- 1 bunch tuscan kale
- 2 tablespoons olive oil extra-virgin
- 0.3 cup pomegranate seeds fresh
- 4 servings salt and pepper black freshly ground

1.5 cups vegetable stock

Equipment

bowl

pot

Directions

Combine the farro and water or stock in a medium saucepot. Bring to a simmer and cook until tender, 20 to 30 minutes, and then drain.

Transfer to a bowl, season with salt and pepper and let cool.

Remove and discard the ribs from the kale, then chiffonade the leaves finely and place in a bowl.

Add the pomegranate seeds, olive oil, garlic and lemon juice and mix thoroughly. Stir in the farro and season the salad with salt and pepper. Divide among 4 deep plates or bowls and garnish with the shaved goat cheese.

Nutrition Facts



PROTEIN 11.35% **FAT 44.15%** **CARBS 44.5%**

Properties

Glycemic Index:51.5, Glycemic Load:1.63, Inflammation Score:-10, Nutrition Score:17.443913078826%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 214.64kcal (10.73%), Fat: 10.91g (16.78%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 24.74g (8.25%), Net Carbohydrates: 19.03g (6.92%), Sugar: 2.94g (3.26%), Cholesterol: 6.53mg (2.18%), Sodium: 424.86mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin K: 133.63µg (127.26%), Vitamin A: 3587.58IU (71.75%), Vitamin C: 34.54mg (41.86%), Manganese: 0.6mg (29.86%), Fiber: 5.71g (22.82%), Selenium: 10.28µg (14.69%), Copper: 0.25mg (12.35%), Vitamin B2: 0.2mg (11.93%), Phosphorus: 115.04mg (11.5%), Calcium: 113.01mg (11.3%), Vitamin E: 1.33mg (8.85%), Magnesium: 34.78mg (8.7%), Vitamin B6: 0.17mg (8.45%), Iron: 1.51mg (8.41%), Folate: 33.04µg (8.26%), Vitamin B3: 1.64mg (8.19%), Vitamin B1: 0.1mg (6.98%), Potassium: 223.11mg (6.37%), Zinc: 0.84mg (5.6%), Vitamin B5: 0.25mg (2.51%)