



WHATSheATE



Make-Ahead Farro with Radicchio, Prosciutto and Orange

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 servings pepper black freshly ground
- ☐ 0.5 cup farro
- ☐ 2 teaspoons olive oil
- ☐ 2 large cranberry-orange relish
- ☐ 8 slices pancetta
- ☐ 1 head radicchio thinly halved sliced

- ☐ 1 large pinch salt
- ☐ 1 large pinch sugar

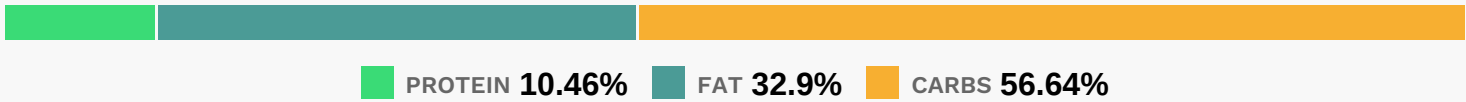
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring pot of salted water to boil.
- ☐ Add farro and boil until tender, 17 to 20 minutes. Meanwhile, heat olive oil in large saute pan over medium-low heat.
- ☐ Add radicchio, sprinkle with salt and sugar and cook, stirring and tossing constantly, until just wilting, about 3 minutes. Stir in vinegar and cook for 1 minute more.
- ☐ Pour radicchio and any juices into bowl to cool.
- ☐ Drain farro and add to bowl.
- ☐ Remove 1 1/2 teaspoons zest from 1 orange. Halve orange vertically; squeeze about 1 1/2 teaspoons juice from 1 half. Peel and segment the remaining 1 1/2 oranges, removing supremes from membranes. Halve supremes and add to bowl with farro. Stir in zest, juice and black pepper. Toss to combine. If serving immediately, stir in prosciutto. If refrigerating to eat later, stir in prosciutto just before eating or taking to go.

Nutrition Facts



Properties

Glycemic Index:97.3, Glycemic Load:8.39, Inflammation Score:-9, Nutrition Score:28.770869446837%

Flavonoids

Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg, Cyanidin: 177.79mg Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg, Delphinidin: 10.75mg Hesperetin: 50.14mg, Hesperetin: 50.14mg, Hesperetin: 50.14mg, Hesperetin: 50.14mg Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg

Luteolin: 53.53mg, Luteolin: 53.53mg, Luteolin: 53.53mg, Luteolin: 53.53mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 44.94mg, Quercetin: 44.94mg, Quercetin: 44.94mg, Quercetin: 44.94mg

Nutrients (% of daily need)

Calories: 472.7kcal (23.63%), Fat: 17.86g (27.47%), Saturated Fat: 5.04g (31.51%), Carbohydrates: 69.18g (23.06%), Net Carbohydrates: 55.68g (20.25%), Sugar: 20.14g (22.38%), Cholesterol: 21.12mg (7.04%), Sodium: 268.46mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.55%), Vitamin K: 360.67µg (343.5%), Vitamin C: 109.09mg (132.23%), Fiber: 13.5g (54.01%), Manganese: 0.93mg (46.35%), Copper: 0.79mg (39.35%), Selenium: 27.47µg (39.24%), Folate: 150.72µg (37.68%), Vitamin E: 4.22mg (28.13%), Potassium: 969.54mg (27.7%), Vitamin B1: 0.37mg (24.43%), Phosphorus: 240.02mg (24%), Vitamin B3: 4.47mg (22.33%), Vitamin B6: 0.41mg (20.28%), Magnesium: 81.07mg (20.27%), Zinc: 2.45mg (16.31%), Iron: 2.45mg (13.63%), Calcium: 118.96mg (11.9%), Vitamin B5: 1.16mg (11.57%), Vitamin B2: 0.2mg (11.53%), Vitamin A: 475.19IU (9.5%), Vitamin B12: 0.16µg (2.67%)