



Mediterranean Farro Salad

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup olives black pitted
- 1 teaspoon pepper black freshly ground
- 0.3 cup chives snipped
- 1 tablespoon dijon mustard
- 1.5 cups farro
- 8 ounces green beans cut into 1- to 2-inch pieces (2 cups)
- 1.5 teaspoons kosher salt
- 0.3 cup olive oil extra-virgin
- 0.8 cup parmesan crumbled

- 1 medium bell pepper red cut into thin strips (4 ounces or 1 cup)
- 0.3 cup sherry vinegar

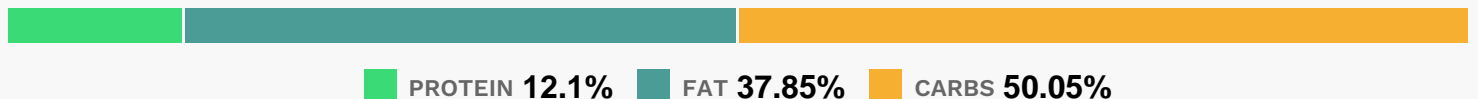
Equipment

- bowl
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- In a medium saucepan, combine 4 cups of water with the farro. Bring to a boil over high heat. Cover and simmer over medium-low heat until the farro is almost tender, about 20 minutes.
- Add 1 1/2 teaspoons of the salt and simmer until the farro is tender, about 10 minutes longer.
- Drain well.
- Transfer to a large bowl and let cool.
- Meanwhile, bring a medium pot of salted water to a boil over high heat.
- Add the green beans and stir. Cook for 2 minutes.
- Transfer the cooked green beans to a bowl of ice water and let cool for 2 minutes.
- Drain the green beans.
- Once the farro has cooled add the green beans, olives, red pepper, Parmesan, and chives. Stir to combine. In a small bowl mix together the sherry vinegar, olive oil, mustard, pepper, and the remaining 1/2 teaspoon salt. Stir to combine.
- Pour the sherry vinaigrette over the farro salad. Toss to combine and serve.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:24.663478099782%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 513.75kcal (25.69%), Fat: 22.17g (34.11%), Saturated Fat: 5.53g (34.57%), Carbohydrates: 65.96g (21.99%), Net Carbohydrates: 51.19g (18.62%), Sugar: 4.04g (4.49%), Cholesterol: 12.75mg (4.25%), Sodium: 1489.91mg (64.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.88%), Manganese: 1.25mg (62.44%), Fiber: 14.76g (59.05%), Vitamin C: 46.54mg (56.41%), Selenium: 34.34µg (49.06%), Vitamin K: 42.37µg (40.35%), Phosphorus: 333.32mg (33.33%), Vitamin A: 1666.17IU (33.32%), Calcium: 284.03mg (28.4%), Magnesium: 91.43mg (22.86%), Vitamin E: 3.37mg (22.46%), Vitamin B3: 4.29mg (21.47%), Copper: 0.4mg (20.05%), Vitamin B6: 0.39mg (19.57%), Iron: 3.12mg (17.34%), Zinc: 2.38mg (15.87%), Vitamin B1: 0.23mg (15.08%), Vitamin B2: 0.24mg (14.08%), Folate: 54.44µg (13.61%), Potassium: 442.56mg (12.64%), Vitamin B5: 0.55mg (5.49%), Vitamin B12: 0.22µg (3.75%)