



 **44%**  
HEALTH SCORE

# Meyer Lemon Scented Farro and Asparagus Salad

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cups farro cooked
- 1 cup peas frozen organic
- 2 lemon zest
- 3 tablespoons meyer lemon juice
- 1 bunch asparagus
- 1 tablespoon olive oil
- 2 shallots sliced

- 1 cup crimini mushrooms sliced
- 2 teaspoons herbs de provence
- 6 servings salt and pepper
- 0.3 cup macadamia nuts chopped
- 6 servings lemon zest
- 0.3 cup meyer lemon juice
- 2 tablespoons citrus champagne vinegar (or white wine vinegar)
- 2 tablespoons vegetable stock
- 2 tablespoons olive oil
- 1 small garlic clove grated
- 0.5 tablespoon honey

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Cook farro according to package directions. (Note: My package said to soak at least 8 hours, however, I did not have time for this and just cooked it for about 1/2 hour and it turned out great!) During the last few minutes of cooking, add in frozen peas.
- Drain farro and peas.
- Add in the lemon zest and juice and toss.
- Meanwhile, cut asparagus into 3/5 inch pieces and steam until still crispy, but not hard.
- Add to bowl of farro and peas.
- On medium heat, heat 1 tablespoon olive oil in a large saut pan.
- Add in sliced shallots and cook until soft.
- Add sliced crimini mushrooms and saut until browned and soft.
- Add to bowl with rest of salad.

- Whisk together vinaigrette ingredients.
- Serve in a bowl, drizzle vinaigrette on top, and sprinkle macadamia nuts on top.

## Nutrition Facts

■ PROTEIN **8.92%**
■ FAT **44.97%**
■ CARBS **46.11%**

### Properties

Glycemic Index:49.1, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:15.038695652174%

### Flavonoids

Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

### Taste

Sweetness: 38.54%, Saltiness: 39.07%, Sourness: 100%, Bitterness: 76.78%, Savoriness: 32.98%, Fattiness: 83.6%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 222.01kcal (11.1%), Fat: 11.74g (18.06%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 21.1g (7.67%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 221.15mg (9.62%), Protein: 5.24g (10.48%), Vitamin K: 47.62µg (45.35%), Manganese: 0.67mg (33.32%), Vitamin C: 22.5mg (27.27%), Fiber: 5.99g (23.95%), Vitamin B1: 0.31mg (20.37%), Iron: 3.52mg (19.58%), Folate: 74.17µg (18.54%), Copper: 0.36mg (17.89%), Vitamin A: 780.59IU (15.61%), Vitamin B3: 2.97mg (14.84%), Selenium: 10.21µg (14.58%), Vitamin B2: 0.25mg (14.42%), Vitamin E: 1.98mg (13.2%), Phosphorus: 126.79mg (12.68%), Vitamin B6: 0.24mg (12.21%), Potassium: 389mg (11.11%), Magnesium: 42.34mg (10.59%), Zinc: 1.41mg (9.42%), Vitamin B5: 0.58mg (5.78%), Calcium: 48.99mg (4.9%)