



Onion, Feta, and Bell Pepper Farro Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange bell pepper diced
- ☐ 8.5 ounce precooked farro (such as Archer Farms)
- ☐ 0.5 cup onion diced red

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1.5 tablespoons sherry vinegar

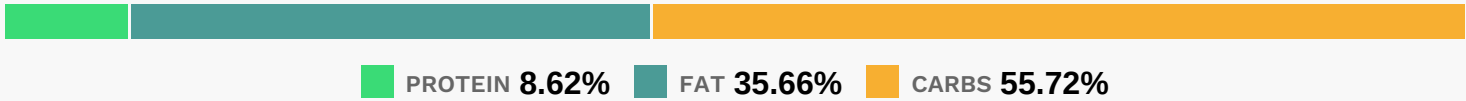
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat farro according to directions.
- ☐ Combine vinegar and next 4 ingredients (through garlic) in a medium bowl; stir with a whisk.
- ☐ Heat 1 tablespoon olive oil in a medium skillet over medium–high heat.
- ☐ Add onion and bell pepper to pan; saut 2 minutes.
- ☐ Add cooked farro, onion, and bell pepper to vinaigrette; toss to coat. Fold in feta cheese.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.83, Inflammation Score:-6, Nutrition Score:7.4052174194999%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 145.99kcal (7.3%), Fat: 5.91g (9.09%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 17.64g (6.42%), Sugar: 1.83g (2.03%), Cholesterol: 8.34mg (2.78%), Sodium: 124.65mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin C: 25.59mg (31.01%), Vitamin A: 628.97IU (12.58%), Fiber: 3.12g (12.49%), Manganese: 0.24mg (12.08%), Selenium: 7.24µg (10.35%), Vitamin B6: 0.2mg (9.89%), Vitamin B2: 0.14mg (8.21%), Phosphorus: 77.91mg (7.79%), Vitamin B3: 1.55mg (7.77%), Folate: 25.14µg (6.28%), Calcium: 61.82mg (6.18%), Iron: 1.07mg (5.97%), Vitamin B1: 0.09mg (5.85%), Zinc: 0.86mg (5.76%),

Vitamin E: 0.83mg (5.54%), Magnesium: 20.5mg (5.12%), Copper: 0.08mg (4.13%), Potassium: 139.11mg (3.97%),
Vitamin K: 3.99µg (3.8%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.16µg (2.64%)