



WHATSheATE



Pancetta and Sweet Pea Cheesy Farro

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups farro cooked
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup pancetta
- ☐ 1 cup peas sweet canned drained
- ☐ 1 cup reduced sodium chicken broth

- ☐ 1 cup cheddar cheese shredded
- ☐ 4 tablespoons butter unsalted

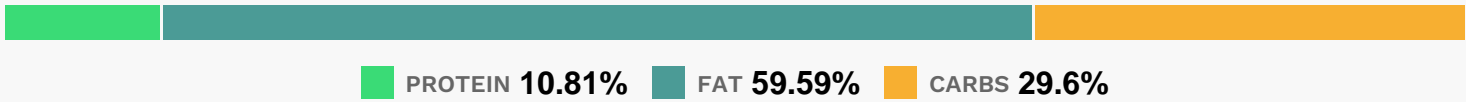
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place cooked Farro into a bowl to use later.
- ☐ Place butter into a small saucepan over medium heat to melt.
- ☐ Whisk in flour, salt and pepper to combine.
- ☐ Whisk in chicken broth, increase heat to high whisking constantly. When thickened, reduce heat to low and stir in cheese until melted. Simmer on low.
- ☐ Place oil into a large skillet over medium heat.
- ☐ Add pancetta and cook, stirring until browned.
- ☐ Add cooked Farro, cheese sauce and peas stirring to combine. Taste and season with additional salt and pepper to your liking.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:3.01, Inflammation Score:-7, Nutrition Score:13.882608703945%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 527.62kcal (26.38%), Fat: 35.24g (54.21%), Saturated Fat: 14.51g (90.69%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 33.88g (12.32%), Sugar: 1.75g (1.94%), Cholesterol: 64.92mg (21.64%), Sodium: 670.64mg (29.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.77%), Selenium: 24.66µg (35.23%), Vitamin B3: 5.02mg (25.09%), Phosphorus: 245.39mg (24.54%), Fiber: 5.5g (22.01%), Vitamin A: 1076.31IU (21.53%), Manganese: 0.41mg (20.58%), Vitamin B1: 0.27mg (18.3%), Calcium: 160.03mg (16%), Zinc: 2.4mg (15.99%), Iron: 2.48mg (13.77%), Vitamin B6: 0.27mg (13.59%), Vitamin B2: 0.23mg (13.57%), Vitamin K: 13.46µg (12.82%), Magnesium: 42.57mg (10.64%), Copper: 0.2mg (10.2%), Folate: 40.45µg (10.11%), Vitamin E: 1.22mg (8.15%), Potassium: 276.56mg (7.9%), Vitamin B12: 0.45µg (7.53%), Vitamin B5: 0.51mg (5.1%), Vitamin C: 3.22mg (3.91%), Vitamin D: 0.41µg (2.74%)