



Parsley-Farro Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup parsley fresh coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 8.5 ounce farro (such as Archer Farms)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons sherry vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat farro according to directions.
- ☐ Combine vinegar and next 5 ingredients (through garlic) in a medium bowl; stir with a whisk.
- ☐ Add cooked farro and parsley to vinegar mixture; toss to coat.
- ☐ Variation 1: Tomato and Cucumber Prepare base recipe through step 2, substituting 1 1/2 tablespoons fresh lemon juice for sherry vinegar.
- ☐ Add cooked farro, 1/2 cup diced fresh tomato, 1/2 cup diced cucumber, 1/4 cup chopped fresh parsley leaves, 1/4 cup chopped fresh mint, and 1/4 cup chopped green onions to lemon juice mixture; toss to coat.
- ☐ Serves 4 (serving size: 3/4 cup) CALORIES 97; FAT 4g (sat 5g); SODIUM 330mg
- ☐ Variation 2: Basil and Corn Prepare base recipe through step
- ☐ Heat 1 tablespoon olive oil in a medium skillet over medium-high heat.
- ☐ Add 1 cup fresh corn kernels (about 2 ears) to pan; saut 3 minutes.
- ☐ Add cooked farro, corn, and 1/2 cup chopped fresh basil to vinaigrette; toss to coat.
- ☐ Serves 4 (serving size: about 3/4 cup) CALORIES 157; FAT 9g (sat 1g); SODIUM 332mg
- ☐ VARIATION 3: Onion, Feta, and Bell Pepper Prepare base recipe through step 2, omitting salt.
- ☐ Heat 1 tablespoon olive oil in a medium skillet over medium-high heat.
- ☐ Add 1/2 cup diced red onion and 1/2 cup diced orange bell pepper to pan; saut 2 minutes.
- ☐ Add cooked farro, onion, and bell pepper to vinaigrette; toss to coat. Fold in 1/4 cup crumbled feta cheese.
- ☐ Serves 4 (serving size: 3/4 cup) CALORIES 156; FAT 4g (sat 4g); SODIUM 136mg

Nutrition Facts



 PROTEIN **6.01%**  FAT **30.8%**  CARBS **63.19%**

Properties

Glycemic Index:31.5, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:9.1943478480629%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 111kcal (5.55%), Fat: 3.87g (5.96%), Saturated Fat: 0.55g (3.47%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 15.25g (5.54%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 311.11mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin K: 125.83µg (119.83%), Vitamin A: 637.66IU (12.75%), Vitamin C: 10.24mg (12.41%), Fiber: 2.64g (10.55%), Manganese: 0.21mg (10.25%), Selenium: 5.73µg (8.18%), Iron: 1.36mg (7.55%), Vitamin B3: 1.35mg (6.77%), Folate: 21.17µg (5.29%), Magnesium: 18.24mg (4.56%), Vitamin B6: 0.09mg (4.33%), Vitamin B1: 0.06mg (4.03%), Copper: 0.08mg (4%), Phosphorus: 40.03mg (4%), Zinc: 0.59mg (3.97%), Vitamin E: 0.57mg (3.82%), Potassium: 106.41mg (3.04%), Vitamin B2: 0.05mg (2.74%), Calcium: 20.23mg (2.02%), Vitamin B5: 0.12mg (1.21%)