



Quinoa, Couscous, and Farro Salad with Summer Vegetables

 Vegetarian

READY IN



170 min.

SERVINGS



8

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber seeded chopped
- 1 cup farro
- 6 ounce feta cheese crumbled
- 1 juice of lemon juiced
- 0.5 teaspoon kosher salt
- 0.5 cup olive oil extra-virgin
- 1 orange bell pepper seeded chopped

- 1 cup pearl couscous (Israeli)
- 1 cup quinoa red
- 0.5 onion red chopped
- 6.5 cups water divided
- 1 baby squash yellow seeded chopped

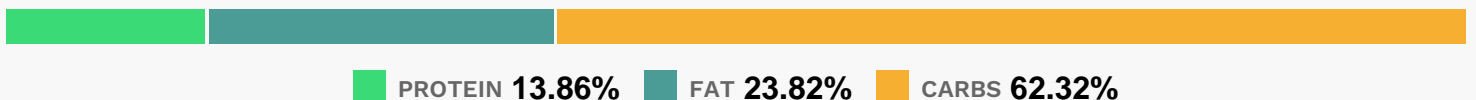
Equipment

- bowl
- sauce pan
- whisk

Directions

- Bring 2 cups water and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
- Bring 1 1/2 cup water and couscous to a boil in a separate saucepan. Reduce heat to medium-low, cover, and simmer until couscous is tender yet firm to the bite, about 10 minutes.
- Bring 3 cups water and farro to a boil in a separate saucepan. Reduce heat to medium-low, cover, and simmer until farro is tender and water has been absorbed, about 25 minutes.
- Combine quinoa, couscous, farro, cucumber, red onion, orange bell pepper, and yellow squash together in a bowl.
- Whisk olive oil, lemon juice, and salt together in a bowl.
- Pour dressing over grain-vegetable mixture; toss to coat.
- Sprinkle feta cheese over salad. Refrigerate until chilled, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:10.87, Inflammation Score:-7, Nutrition Score:16.858260727447%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 342.65kcal (17.13%), Fat: 9.15g (14.08%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 53.87g (17.96%), Net Carbohydrates: 46.44g (16.89%), Sugar: 2.27g (2.52%), Cholesterol: 18.92mg (6.31%), Sodium: 404.99mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Manganese: 1.03mg (51.59%), Vitamin C: 26.36mg (31.96%), Fiber: 7.43g (29.71%), Phosphorus: 283.7mg (28.37%), Magnesium: 88.35mg (22.09%), Selenium: 14.56µg (20.8%), Vitamin B2: 0.35mg (20.67%), Vitamin B6: 0.41mg (20.4%), Folate: 77.18µg (19.3%), Copper: 0.37mg (18.29%), Vitamin B1: 0.23mg (15.15%), Zinc: 2.19mg (14.57%), Calcium: 144.85mg (14.48%), Vitamin B3: 2.72mg (13.6%), Vitamin A: 640.3IU (12.81%), Iron: 2.23mg (12.4%), Potassium: 398.84mg (11.4%), Vitamin B5: 0.89mg (8.94%), Vitamin E: 1.23mg (8.22%), Vitamin K: 6.75µg (6.43%), Vitamin B12: 0.36µg (5.99%)