



Rachel's Farro Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basil
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 3 cucumber halved sliced
- ☐ 2 cups farro
- ☐ 1 cup flat parsley
- ☐ 3 tablespoons meyer lemon juice
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion red halved sliced

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0.5 teaspoon sea salt

Equipment

☐

bowl

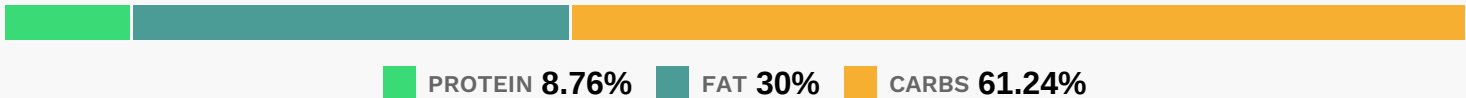
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pot

Directions

- ☐ Bring 6 cups of water to a boil in a medium pot.
- ☐ Add farro and cook until just tender, about 20 minutes.
- ☐ Drain and let cool 5 minutes, stirring occasionally.
- ☐ Put farro and remaining ingredients in a medium bowl. Toss gently to coat.
- ☐ *Find farro with the other grains at well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:17.85956529949%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 280.51kcal (14.03%), Fat: 9.64g (14.83%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 35.02g (12.73%), Sugar: 3.29g (3.65%), Cholesterol: 0mg (0%), Sodium: 160.12mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin K: 150.74µg (143.56%), Manganese: 0.83mg (41.64%), Fiber: 9.27g (37.06%), Vitamin C: 23.4mg (28.37%), Selenium: 19.17µg (27.39%), Vitamin A: 1019.2IU (20.38%), Copper: 0.34mg (16.92%), Magnesium: 62.53mg (15.63%), Phosphorus: 151.33mg (15.13%), Vitamin B3: 2.63mg (13.17%), Iron: 2.32mg (12.91%), Potassium: 424.82mg (12.14%), Folate: 47.35µg (11.84%), Vitamin

B6: 0.24mg (11.77%), Vitamin E: 1.55mg (10.34%), Vitamin B1: 0.15mg (10.26%), Zinc: 1.42mg (9.47%), Vitamin B2: 0.1mg (6.14%), Calcium: 51.8mg (5.18%), Vitamin B5: 0.5mg (5.03%)