



WHATSheATE



Roasted Mushroom and Green Bean Farro Salad



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup balsamic vinaigrette



1 cup farro



0.3 cup feta blue crumbled



1 pound green beans trimmed cut into bite sized pieces



8 ounces mushrooms quartered



1 tablespoon oil



4 servings salt and pepper to taste

- ☐ 0.5 teaspoon thyme leaves chopped ()
- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 2 cups water

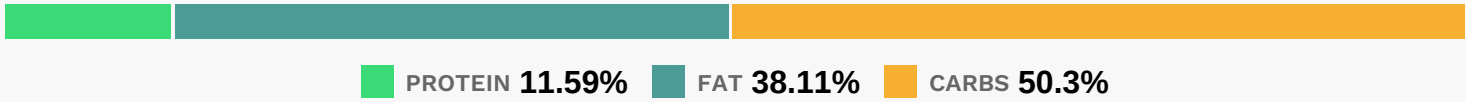
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Bring the water and farro to a boil, reduce the heat and simmer, covered, until the farro is al dente. about 20 minutes.Toss the mushrooms and green beans in the oil, thyme, salt and pepper and place them on a baking sheet in a single layer.Roast the mushrooms and green beans in a preheated 400F oven until they start to caramelize, about 20 minutes, flipping them half way through.
- ☐ Mix everything and enjoy.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:21.859130372172%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 386.51kcal (19.33%), Fat: 17.12g (26.35%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 38.9g (14.15%), Sugar: 5.94g (6.6%), Cholesterol: 6.33mg (2.11%), Sodium: 443.79mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Manganese: 1.19mg (59.39%), Vitamin K: 52.76µg (50.24%), Fiber: 11.95g (47.81%), Selenium: 26.39µg (37.69%), Copper: 0.61mg (30.43%), Vitamin B3: 5.35mg (26.77%), Vitamin B2: 0.45mg (26.31%), Phosphorus: 260.57mg (26.06%), Magnesium: 88.03mg (22.01%), Vitamin B6: 0.4mg (20.15%), Vitamin C: 15.52mg (18.81%), Potassium: 614.98mg (17.57%), Vitamin B1: 0.26mg (17.46%),

Vitamin A: 871.16IU (17.42%), Folate: 68.88µg (17.22%), Iron: 2.99mg (16.59%), Vitamin B5: 1.43mg (14.34%), Zinc: 2.1mg (13.99%), Calcium: 116.03mg (11.6%), Vitamin E: 1.17mg (7.77%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.16µg (1.04%)