



Roasted Squash with Farro and Almonds



Vegetarian



Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup roasted almonds unsalted coarsely chopped
- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 cups belgian endive chopped
- ☐ 1 cup farro uncooked
- ☐ 1 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper black

- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 0.5 small kabocha squash peeled cut into 1/2-inch pieces (2 lb.)
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 tablespoons olive oil divided
- ☐ 1 shallots minced

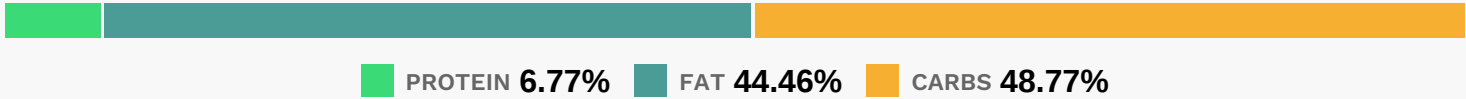
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Bring 6 cups salted water to a boil in a Dutch oven over high heat.
- ☐ Add farro, and boil, stirring occasionally, 25 to 30 minutes or until tender.
- ☐ Drain farro, and spread in a single layer in a lightly greased jelly-roll pan. Chill, uncovered, 30 minutes.
- ☐ Meanwhile, preheat oven to 45
- ☐ Toss together squash, next 4 ingredients, and 2 Tbsp. olive oil in a large bowl.
- ☐ Spread squash in a single layer in a lightly greased jelly-roll pan, and bake 10 to 15 minutes or just until tender. Cool in pan 30 minutes.
- ☐ Stir together almonds, next 4 ingredients, and remaining 1/4 cup olive oil in a small bowl.
- ☐ Add salt to taste.
- ☐ Let stand 10 minutes.
- ☐ Stir together farro, radicchio, and parsley in a medium bowl. Spoon desired amount of almond vinaigrette over farro; toss to coat.
- ☐ Transfer to a serving platter. Top with roasted squash and, if desired, blue cheese.
- ☐ Serve with remaining vinaigrette.

Nutrition Facts



Properties

Glycemic Index:39.16, Glycemic Load:3.02, Inflammation Score:-8, Nutrition Score:15.247391369032%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 256.33kcal (12.82%), Fat: 13.2g (20.3%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 32.58g (10.86%), Net Carbohydrates: 26.16g (9.51%), Sugar: 7.16g (7.96%), Cholesterol: 0mg (0%), Sodium: 84.07mg (3.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin K: 130.61µg (124.39%), Manganese: 0.6mg (29.83%), Vitamin A: 1426.32IU (28.53%), Fiber: 6.41g (25.66%), Vitamin C: 17.83mg (21.61%), Vitamin E: 2.8mg (18.65%), Selenium: 9.97µg (14.25%), Magnesium: 47.37mg (11.84%), Potassium: 410.09mg (11.72%), Copper: 0.22mg (11.05%), Folate: 42.17µg (10.54%), Phosphorus: 103.35mg (10.34%), Iron: 1.81mg (10.05%), Vitamin B6: 0.19mg (9.41%), Vitamin B3: 1.75mg (8.73%), Vitamin B2: 0.13mg (7.69%), Vitamin B1: 0.1mg (6.42%), Zinc: 0.94mg (6.26%), Calcium: 53.76mg (5.38%), Vitamin B5: 0.27mg (2.73%)