



## Savory Farro Tart

READY IN



1500 min.

SERVINGS



8

CALORIES



245 kcal

### Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons butter unsalted for buttering dish
- 2 tablespoons breadcrumbs dry fine
- 1 large egg yolk whole
- 1 cup farro
- 0.3 cup parsley fresh coarsely chopped
- 2 garlic clove chopped
- 0.5 teaspoon nutmeg freshly grated
- 0.7 cup parmesan finely grated
- 0.8 teaspoon salt

3.3 cups whole-milk ricotta cheese

## Equipment

- bowl
- frying pan
- oven
- pot
- sieve

## Directions

- Cook farro in a 2- to 3-quart pot of boiling salted water until just tender, about 10 minutes; drain in a sieve and cool to room temperature.
- Put oven rack in middle position and preheat oven to 375°F. Butter dish and lightly coat with bread crumbs, knocking out excess.
- Melt butter (2 tablespoons) in a small heavy skillet over low heat and cook garlic, stirring, 1 minute, then transfer to a medium bowl. Stir in farro, ricotta, whole egg, yolks, Parmigiano-Reggiano, parsley, salt, pepper, and nutmeg until combined well. Spoon mixture into dish and bake until just set and top is pale golden, 35 to 45 minutes. Cool to warm on a rack.
- Cut into wedges and serve.
- \*Available at [farawayfoods.com](http://farawayfoods.com).

## Nutrition Facts



**PROTEIN 24.63%** **FAT 23.47%** **CARBS 51.9%**

## Properties

Glycemic Index:30.13, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:8.5443476956824%

## Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 245.19kcal (12.26%), Fat: 6.04g (9.3%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 25.93g (9.43%), Sugar: 3.69g (4.1%), Cholesterol: 52.13mg (17.38%), Sodium: 501.75mg (21.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.55%), Vitamin K: 32.08µg (30.56%), Calcium: 278.84mg (27.88%), Manganese: 0.39mg (19.6%), Selenium: 13.27µg (18.96%), Fiber: 4.15g (16.59%), Phosphorus: 129.03mg (12.9%), Vitamin A: 347.52IU (6.95%), Vitamin B3: 1.37mg (6.87%), Magnesium: 26.24mg (6.56%), Copper: 0.12mg (6.19%), Zinc: 0.88mg (5.89%), Iron: 1.02mg (5.66%), Vitamin B1: 0.08mg (5.52%), Vitamin B2: 0.08mg (4.8%), Vitamin B6: 0.09mg (4.74%), Folate: 15.2µg (3.8%), Vitamin C: 2.73mg (3.31%), Potassium: 101.26mg (2.89%), Vitamin B12: 0.16µg (2.6%), Vitamin B5: 0.2mg (2.03%), Vitamin E: 0.18mg (1.18%), Vitamin D: 0.16µg (1.04%)