



Spelt and Wild Mushroom Pilaf

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1.5 teaspoons thyme leaves fresh minced
- ☐ 8 ounce exotic mushroom blend coarsely chopped such as shiitake, cremini, and oyster
- ☐ 2 teaspoons olive oil
- ☐ 0.8 cup onion chopped
- ☐ 0.5 teaspoon salt

☐ 1 cup farro

Equipment

☐ bowl

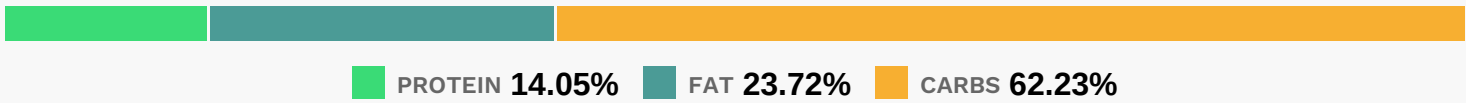
☐ frying pan

☐ sauce pan

Directions

- ☐ Place spelt in a medium bowl. Cover with hot water to 1 inch above spelt. Cover and let stand 1 hour.
- ☐ Drain and rinse with cold water; drain.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add onion to pan; cook 3 minutes or until tender, stirring occasionally. Stir in spelt, thyme, salt, and pepper; cook 1 minute. Stir in broth; bring to a simmer. Cover, reduce heat, and cook 50 minutes or until spelt is tender. Uncover and simmer 15 minutes or until liquid is almost absorbed.
- ☐ Remove from heat; keep warm.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add chopped mushrooms to pan; saut 3 minutes or until tender and beginning to brown. Stir mushroom mixture into spelt mixture.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:12.18, Inflammation Score:-6, Nutrition Score:9.6295651819395%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 150.37kcal (7.52%), Fat: 4.24g (6.53%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 20.57g (7.48%), Sugar: 3.81g (4.24%), Cholesterol: 5.02mg (1.67%), Sodium: 447.51mg (19.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Manganese: 1mg (50.19%), Vitamin B3: 3.8mg (19%), Fiber: 4.48g (17.92%), Phosphorus: 171.89mg (17.19%), Magnesium: 50.56mg (12.64%), Copper: 0.22mg (11.22%), Vitamin B6: 0.21mg (10.57%), Selenium: 6.92µg (9.89%), Vitamin B5: 0.98mg (9.75%), Zinc: 1.4mg (9.32%), Iron: 1.67mg (9.27%), Vitamin B1: 0.12mg (8.32%), Vitamin B2: 0.14mg (7.97%), Potassium: 278.42mg (7.95%), Folate: 22.64µg (5.66%), Vitamin E: 0.48mg (3.2%), Vitamin C: 2.28mg (2.76%), Vitamin K: 2.23µg (2.12%), Vitamin B12: 0.12µg (1.96%), Calcium: 18.54mg (1.85%), Vitamin A: 85.82IU (1.72%), Vitamin D: 0.15µg (1.01%)