



Spelt Salad with White Beans and Artichokes

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce artichoke hearts drained chopped canned
- 0.1 teaspoon pepper black freshly ground
- 15 ounce navy beans rinsed drained canned
- 0.3 cup mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 3 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 0.3 cup onion red minced

- 0.3 teaspoon salt
- 1.3 cups farro rinsed uncooked drained (farro)
- 2.5 cups water

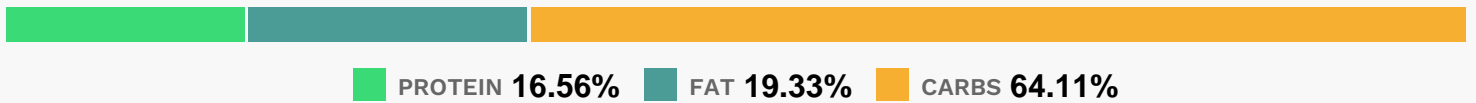
Equipment

- bowl
- sauce pan

Directions

- Combine spelt and 2 1/2 cups water in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until tender and liquid is absorbed.
- Combine cooked spelt, mint, and the remaining ingredients in a large bowl, stirring well. Cover and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:17.03, Inflammation Score:-7, Nutrition Score:20.134347791257%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.79mg, Apigenin: 8.79mg, Apigenin: 8.79mg, Apigenin: 8.79mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 319.8kcal (15.99%), Fat: 7.11g (10.94%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 53.08g (17.69%), Net Carbohydrates: 42.32g (15.39%), Sugar: 4.42g (4.91%), Cholesterol: 0mg (0%), Sodium: 803.48mg (34.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.71g (27.42%), Manganese: 1.68mg (83.81%), Vitamin K: 73.12µg (69.64%), Fiber: 10.76g (43.05%), Phosphorus: 296.03mg (29.6%), Magnesium: 106.14mg (26.54%), Iron: 3.97mg (22.04%), Copper: 0.44mg (21.96%), Folate: 85.13µg (21.28%), Vitamin B1: 0.29mg (19.34%), Vitamin B3: 3.51mg

(17.56%), Zinc: 2.19mg (14.59%), Selenium: 10.08µg (14.4%), Potassium: 474.64mg (13.56%), Vitamin C: 10.94mg (13.27%), Vitamin E: 1.86mg (12.39%), Vitamin B6: 0.21mg (10.45%), Vitamin A: 469.72IU (9.39%), Calcium: 70.81mg (7.08%), Vitamin B5: 0.66mg (6.59%), Vitamin B2: 0.11mg (6.55%)