



Summer Farro Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots halved
- ☐ 1 rib celery halved
- ☐ 1 cucumber seedless halved lengthwise thinly sliced
- ☐ 12 ounces farro
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 grape tomatoes halved
- ☐ 8 servings kosher salt
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 8 servings pepper freshly ground
- ☐ 0.5 onion red thinly sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 5 cups water
- ☐ 1 onion yellow quartered

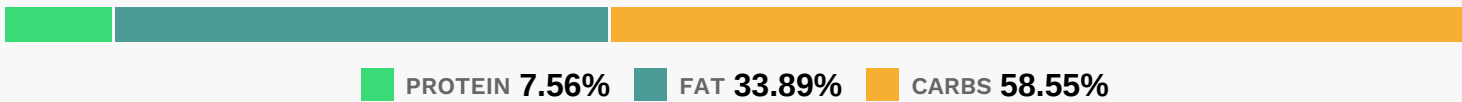
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan, heat 2 tablespoons of the oil.
- ☐ Add the yellow onion, carrot and celery, cover and cook over moderately low heat until barely softened, about 5 minutes.
- ☐ Add the farro and stir to coat with oil.
- ☐ Add the water and bring to a boil. Cover and simmer over low heat until the farro is barely tender, about 10 minutes; season with salt. Cover and simmer until the farro is al dente, about 10 minutes longer.
- ☐ Drain the farro and discard the onion, carrot and celery.
- ☐ Let cool completely.
- ☐ In a large bowl, whisk the remaining 1/3 cup of olive oil with the vinegar and season with salt and pepper. Fold in the farro, red onion, cucumber, tomatoes and basil, season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:34.1, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:10.414347731549%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 248.14kcal (12.41%), Fat: 9.59g (14.75%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 29.8g (10.84%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 212.73mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Manganese: 0.66mg (32.82%), Fiber: 7.45g (29.8%), Vitamin A: 1381.35IU (27.63%), Selenium: 16.26µg (23.23%), Vitamin K: 17.07µg (16.26%), Copper: 0.24mg (11.77%), Phosphorus: 113.2mg (11.32%), Magnesium: 44.05mg (11.01%), Vitamin B3: 2.11mg (10.57%), Vitamin E: 1.39mg (9.26%), Vitamin B6: 0.16mg (8.2%), Iron: 1.35mg (7.51%), Vitamin B1: 0.11mg (7.14%), Zinc: 1.06mg (7.08%), Potassium: 239.93mg (6.86%), Folate: 18.66µg (4.67%), Vitamin B2: 0.07mg (4.24%), Vitamin C: 3.48mg (4.22%), Calcium: 32.61mg (3.26%), Vitamin B5: 0.27mg (2.68%)