



Summer Pea, Watermelon, and Farro Salad

READY IN



32 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup parsley fresh coarsely chopped
- ☐ 1 cup peas green shelled ()
- ☐ 1.5 ounces pecorino cheese fresh shaved
- ☐ 0.5 teaspoon salt
- ☐ 1 cup watermelon cubed seeded
- ☐ 1 cup wheat berries uncooked

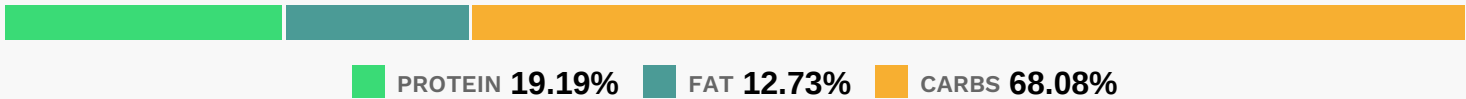
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place farro in a large saucepan, and cover with water to 2 inches above farro. Bring to a boil. Cover, reduce heat, and simmer for 23 minutes or until desired degree of doneness.
- ☐ Add green peas to pan with farro, and cook for 2 minutes or until crisp-tender.
- ☐ Drain and rinse farro mixture with cold water; drain.
- ☐ Combine farro mixture, 1/2 teaspoon salt, and 1/4 teaspoon black pepper in a large bowl.
- ☐ Add the watermelon cubes and 1 cup chopped parsley, and toss gently to combine. Top salad with Romano cheese.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:3.69, Inflammation Score:-9, Nutrition Score:15.178695698147%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 254.28kcal (12.71%), Fat: 3.74g (5.76%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 35.65g (12.96%), Sugar: 4.62g (5.13%), Cholesterol: 11.06mg (3.69%), Sodium: 428.88mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Vitamin K: 255.47µg (243.3%), Vitamin C: 37.53mg (45.49%), Fiber: 9.41g (37.64%), Vitamin A: 1801.94IU (36.04%), Iron: 3.25mg (18.06%), Calcium: 168.49mg (16.85%), Phosphorus: 133.02mg (13.3%), Folate: 48.27µg (12.07%), Manganese: 0.21mg (10.29%), Vitamin B1: 0.13mg (8.4%), Magnesium: 27.84mg (6.96%), Vitamin B2: 0.11mg (6.48%), Potassium: 224.97mg (6.43%), Zinc: 0.92mg (6.16%), Copper: 0.11mg (5.36%), Vitamin B3: 1.03mg (5.16%), Vitamin B6: 0.1mg (5.06%), Selenium: 2.37µg (3.38%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.12µg (1.98%), Vitamin E: 0.2mg (1.36%)