



## Toasted Farro and Scallions with Cauliflower and Egg

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1975 kcal

### Ingredients

- ☐ 3 cups cauliflower florets (1-inch pieces)
- ☐ 4 large eggs (large)
- ☐ 8 ounces farro (1 cup plus 2 tablespoons)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 serving pepper freshly ground
- ☐ 1 serving salt
- ☐ 4 scallions white green sliced
- ☐ 1 tablespoon sherry vinegar

- ☐ 5 tablespoons butter unsalted
- ☐ 1 quart vegetable stock

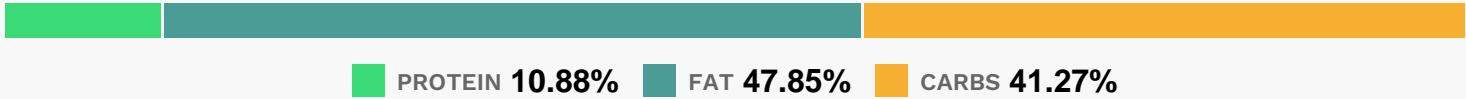
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ In a large saucepan, melt 3 tablespoons of the butter.
- ☐ Add the scallions and cook over moderate heat until softened, about 2 minutes.
- ☐ Add the farro, season with salt and pepper and cook for 1 minute, stirring.
- ☐ Add 1/2 cup of the stock and cook over moderate heat, stirring, until absorbed. Continue adding the stock 1/2 cup at a time, stirring frequently until it is absorbed before adding more. The farro is done when it's al dente, about 30 minutes.
- ☐ In a medium skillet, heat the olive oil.
- ☐ Add the cauliflower, season with salt and pepper and cook over high heat until tender and browned in spots, about 5 minutes.
- ☐ Add the cauliflower to the farro along with the vinegar and the remaining 2 tablespoons of butter. Season with salt and keep warm.
- ☐ Bring a saucepan of water to a boil.
- ☐ Add the eggs and cook for 4 minutes.
- ☐ Drain and rinse under cold water. Spoon the farro into 8 bowls. Peel the eggs and carefully remove the egg whites to keep the yolks whole. Carefully place the intact yolks in the center of each bowl of farro; discard the whites.
- ☐ Serve right away.

## Nutrition Facts



## Properties

Glycemic Index:141, Glycemic Load:9.04, Inflammation Score:-10, Nutrition Score:68.151738871699%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 1974.52kcal (98.73%), Fat: 107.36g (165.17%), Saturated Fat: 47.04g (294.01%), Carbohydrates: 208.4g (69.47%), Net Carbohydrates: 165.75g (60.27%), Sugar: 17.49g (19.43%), Cholesterol: 894.5mg (298.17%), Sodium: 4390.77mg (190.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.93g (109.85%), Selenium: 149.7µg (213.85%), Vitamin C: 153.7mg (186.3%), Manganese: 3.62mg (180.95%), Fiber: 42.65g (170.61%), Vitamin K: 173.37µg (165.11%), Vitamin A: 5374.03IU (107.48%), Phosphorus: 1065.14mg (106.51%), Folate: 350µg (87.5%), Vitamin B2: 1.41mg (83.23%), Vitamin B6: 1.51mg (75.67%), Magnesium: 259.95mg (64.99%), Copper: 1.27mg (63.38%), Iron: 11.39mg (63.28%), Vitamin B3: 12.4mg (61.98%), Vitamin B5: 5.82mg (58.21%), Zinc: 8.48mg (56.51%), Potassium: 1964.81mg (56.14%), Vitamin E: 8.31mg (55.38%), Vitamin B1: 0.69mg (46.21%), Vitamin D: 5.05µg (33.67%), Vitamin B12: 1.9µg (31.65%), Calcium: 296.87mg (29.69%)