



Tomato and Cucumber Farro Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber diced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 8.5 ounce precooked farro (such as Archer Farms)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes fresh diced

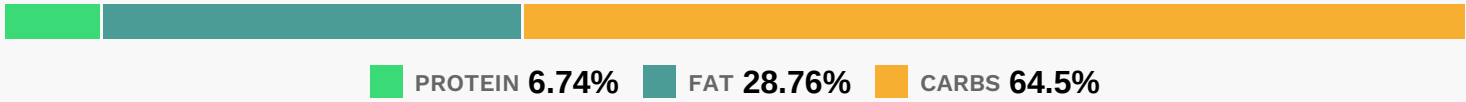
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Heat farro according to directions.
- ☐ Combine lemon juice and next 5 ingredients (through garlic) in a medium bowl; stir with a whisk.
- ☐ Add cooked farro, tomato, cucumber, parsley, mint, and green onions to lemon juice mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:9.2669566455095%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 119.14kcal (5.96%), Fat: 3.96g (6.09%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 16.72g (6.08%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 311.76mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin K: 79.93µg (76.12%), Vitamin C: 12.56mg (15.22%),

Manganese: 0.27mg (13.68%), Vitamin A: 671IU (13.42%), Fiber: 3.26g (13.03%), Selenium: 5.78µg (8.26%), Iron: 1.43mg (7.93%), Vitamin B3: 1.51mg (7.54%), Folate: 28.92µg (7.23%), Magnesium: 24.02mg (6%), Vitamin B6: 0.12mg (5.83%), Copper: 0.11mg (5.6%), Potassium: 189.24mg (5.41%), Vitamin B1: 0.08mg (5.09%), Phosphorus: 50.18mg (5.02%), Vitamin E: 0.69mg (4.62%), Zinc: 0.67mg (4.48%), Vitamin B2: 0.06mg (3.76%), Calcium: 30.58mg (3.06%), Vitamin B5: 0.18mg (1.84%)