



Warm Farro and Cranberry Bean Salad

 Dairy Free

READY IN



67 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

Ingredients

- 4 slices bacon
- 1 cup chicken stock see
- 2 cups cranberry beans fresh shelled
- 1 pinch pepper red crushed
- 2 cups farro
- 1 bunch chives fresh finely chopped
- 2 cloves garlic smashed finely chopped
- 6 servings kosher salt

- 6 servings olive oil extra-virgin
- 1 head radicchio trevisano
- 1 onion red cut into 1/4-inch dice

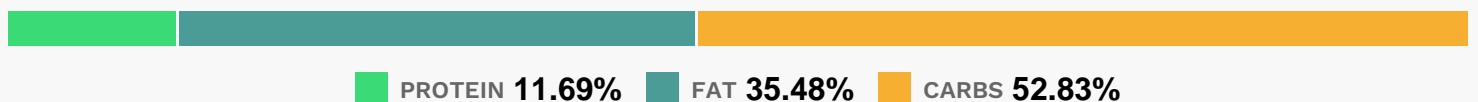
Equipment

- frying pan
- sauce pan

Directions

- Bring a saucepan of well salted water to a boil.
- Add the cranberry beans, let the water come back to a boil, and cook the beans for 10 to 12 minutes. Bite a few beans to make sure they are cooked through. Scoop the beans out of the water and reserve.
- Add the farro to the water, let the water come back to a boil, and cook for 15 minutes. Taste the farro to make sure it is cooked through.
- Remove the farro from the water and reserve.
- Add the bacon to a large, wide pan, give a drizzle of olive oil, and bring to a medium heat. When the bacon has let out a lot of fat and starts to become crispy, add in the onions and season with salt and crushed red pepper. Cook the onions until they become soft and aromatic, 7 to 8 minutes.
- Add the garlic and cook for 2 to 3 minutes.
- Add the cooked beans and farro and stir to combine.
- Add the chicken stock and taste for seasoning; season with salt if needed. Cook until the chicken stock has reduced by about half, 5 to 7 minutes. Stir in the radicchio and chives and cook until the radicchio is wilted, 3 to 4 minutes.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:24.809130295463%

Flavonoids

Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg, Cyanidin: 59.26mg Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg, Delphinidin: 3.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 17.75mg, Luteolin: 17.75mg, Luteolin: 17.75mg, Luteolin: 17.75mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.48mg, Quercetin: 18.48mg, Quercetin: 18.48mg, Quercetin: 18.48mg

Nutrients (% of daily need)

Calories: 534.03kcal (26.7%), Fat: 21.49g (33.07%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 72.02g (24.01%), Net Carbohydrates: 54.94g (19.98%), Sugar: 2.25g (2.5%), Cholesterol: 10.88mg (3.63%), Sodium: 366.42mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.87%), Vitamin K: 130.5µg (124.29%), Fiber: 17.08g (68.3%), Manganese: 1.21mg (60.46%), Selenium: 30.39µg (43.42%), Folate: 171.68µg (42.92%), Copper: 0.61mg (30.73%), Phosphorus: 284.85mg (28.49%), Vitamin B3: 4.75mg (23.74%), Magnesium: 93.99mg (23.5%), Vitamin B1: 0.32mg (21.61%), Vitamin E: 3.17mg (21.14%), Iron: 3.46mg (19.22%), Potassium: 660.22mg (18.86%), Zinc: 2.66mg (17.72%), Vitamin B6: 0.35mg (17.34%), Vitamin B2: 0.18mg (10.74%), Vitamin C: 5.87mg (7.11%), Calcium: 66.59mg (6.66%), Vitamin B5: 0.57mg (5.67%), Vitamin A: 68.31IU (1.37%), Vitamin B12: 0.07µg (1.22%)