



Wild Rice, Farro, and Tangerine Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings pepper black freshly ground
- 1 cup farro
- 8 servings kosher salt
- 4 spring onion green thinly sliced
- 4 1 tangerine
- 4 sprigs thyme leaves divided
- 4 cups vegetable broth low-sodium divided
- 0.3 cup vegetable oil

1 cup rice wild

Equipment

bowl

sauce pan

knife

whisk

Directions

Bring 2 thyme sprigs, 2 cups broth, and 1 cup water to a boil in a medium saucepan.

Add a pinch of salt, then rice; reduce heat to medium-low and cover. Cook until liquid is absorbed and rice is tender, 40–45 minutes.

Remove thyme and let cool.

Drain, if needed.

Meanwhile, cook farro in another medium saucepan, using remaining 2 thyme sprigs, 2 cups broth, and 1 1/2 cups water and cooking 35–40 minutes.

Using a sharp knife, cut all peel and white pith from tangerines; discard. Working over a large bowl, cut between membranes to release segments, placing segments in a small bowl. Squeeze juice from membranes into large bowl (you should have about 1/2 cup juice); discard membranes.

Whisk oil into tangerine juice in large bowl; season with salt and pepper.

Add tangerine segments, wild rice, farro, and scallions and toss gently to coat; season with more tangerine juice, if desired.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:9.95, Inflammation Score:-7, Nutrition Score:10.829565214074%

Flavonoids

Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg, Hesperetin: 3.49mg Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg, Naringenin: 4.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 253.12kcal (12.66%), Fat: 7.48g (11.5%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 35.7g (12.98%), Sugar: 6.01g (6.68%), Cholesterol: 0mg (0%), Sodium: 199.35mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Manganese: 0.64mg (32.25%), Fiber: 6.69g (26.75%), Vitamin K: 26.04µg (24.8%), Vitamin C: 13.68mg (16.58%), Magnesium: 62.61mg (15.65%), Phosphorus: 153.56mg (15.36%), Selenium: 10.07µg (14.39%), Vitamin B3: 2.7mg (13.52%), Zinc: 1.79mg (11.93%), Copper: 0.24mg (11.88%), Vitamin B6: 0.18mg (9.16%), Folate: 35.87µg (8.97%), Vitamin A: 393.06IU (7.86%), Potassium: 249.41mg (7.13%), Iron: 1.27mg (7.07%), Vitamin B1: 0.1mg (6.66%), Vitamin B2: 0.1mg (6.12%), Vitamin E: 0.85mg (5.66%), Vitamin B5: 0.39mg (3.88%), Calcium: 34.64mg (3.46%)