



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.

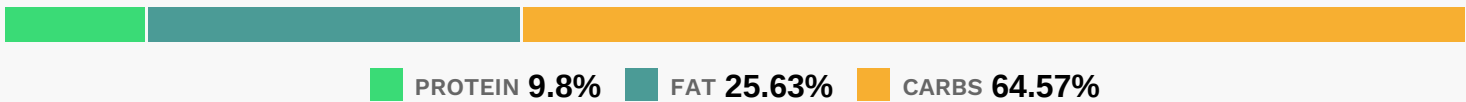
☐ Meanwhile, cook farro in another medium saucepan, using remaining 2 thyme sprigs, 2 cups broth, and 1 1/2 cups water and cooking 35–40 minutes.

☐ 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%)