

Zuppa de Farro

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



198 kcal

SIDE DISH

Ingredients

- 4 cups chicken broth organic swanson® (Regular, Natural or Certified)
- 4 ounces deli ham chopped
- 1 tablespoon basil leaves fresh chopped
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 small onion sliced
- 1.1 cups pearl barley whole uncooked
- 2 medium plum tomatoes chopped

1 teaspoon thyme leaves dried crushed

Equipment

bowl

pot

sieve

Directions

Place the farro in a large bowl.

Add water to cover and let soak for 1 hour.

Drain the farro in a strainer.

Place the farro and 8 cups of water in a 6-quart saucepot and heat over medium-high heat to a boil. Reduce the heat to low. Cover and cook for 30 minutes.

Drain and set aside.

Add the pancetta, onion, garlic and thyme to the saucepot and cook over medium heat for 10 minutes or until the pancetta is well browned.

Add the farro, broth, tomatoes, basil and black pepper and heat to a boil. Reduce the heat to low. Cook for 10 minutes.

Serve with the cheese, if desired.

Nutrition Facts



PROTEIN 18.26% **FAT 17.86%** **CARBS 63.88%**

Properties

Glycemic Index:40.33, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:9.7991303516471%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 197.83kcal (9.89%), Fat: 4g (6.16%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 25.81g (9.39%), Sugar: 2.02g (2.25%), Cholesterol: 14.85mg (4.95%), Sodium: 810.68mg (35.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.41%), Manganese: 0.65mg (32.3%), Selenium: 19.26µg (27.51%), Fiber: 6.39g (25.56%), Vitamin B1: 0.23mg (15.57%), Vitamin B3: 3.07mg (15.33%), Phosphorus: 140.13mg (14.01%), Copper: 0.22mg (11.03%), Vitamin B2: 0.19mg (11.01%), Vitamin B6: 0.21mg (10.71%), Magnesium: 39.36mg (9.84%), Zinc: 1.42mg (9.49%), Iron: 1.39mg (7.7%), Potassium: 261.4mg (7.47%), Vitamin C: 4.6mg (5.58%), Vitamin A: 217.74IU (4.35%), Vitamin K: 4.04µg (3.85%), Folate: 14.93µg (3.73%), Calcium: 27.33mg (2.73%), Vitamin B12: 0.15µg (2.54%), Vitamin B5: 0.25mg (2.48%), Vitamin E: 0.26mg (1.71%)