

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

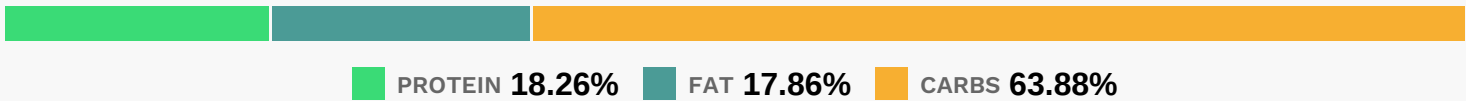
☐ pot

☐ 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



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, 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: Og (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%)