



Zuppa di Farro e Fagioli (Tuscan Bean-and-Barley Soup)

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup cannellini beans beans white canned drained
- ☐ 1 beef-flavored bouillon cube
- ☐ 5 cups endive chopped
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion finely chopped

- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.5 teaspoon salt
- ☐ 5 cups water

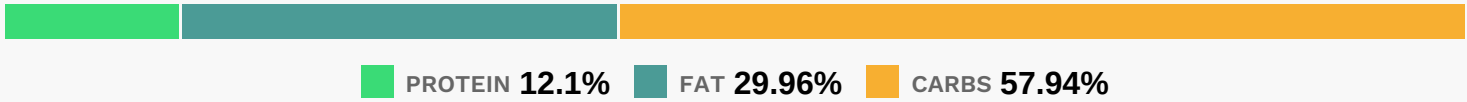
Equipment

- ☐ sauce pan

Directions

- ☐ Put the oil and onion in a large saucepan over medium heat. Cook 5 minutes or until lightly browned, stirring occasionally. Stir in rosemary, escarole, salt, and pepper; cook until escarole wilts and all the liquid has evaporated.
- ☐ Add water, beans, barley, and bouillon. Bring to a boil; reduce heat, and simmer for 30 minutes or until the barley is tender.
- ☐ Wine Note: A classic Tuscan comfort food such as this dish calls for Tuscany's famous comfort wine: Chianti. Brolio's affordable 1997 Chianti Classico (\$1
- ☐ befits the humbleness of this soup.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:17.320434753662%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 6.44mg, Kaempferol: 6.44mg, Kaempferol: 6.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 221.58kcal (11.08%), Fat: 7.61g (11.71%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 24.76g (9.01%), Sugar: 1.48g (1.64%), Cholesterol: 0.04mg (0.01%), Sodium: 564.68mg (24.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.83%), Vitamin K: 150.72µg (143.54%), Manganese:

0.87mg (43.51%), Fiber: 8.36g (33.45%), Folate: 127.77µg (31.94%), Vitamin A: 1362.07IU (27.24%), Copper: 0.33mg (16.39%), Selenium: 10.65µg (15.21%), Iron: 2.6mg (14.46%), Potassium: 504.69mg (14.42%), Magnesium: 57.66mg (14.42%), Phosphorus: 121.74mg (12.17%), Vitamin E: 1.65mg (10.98%), Zinc: 1.6mg (10.64%), Vitamin B1: 0.15mg (10.14%), Calcium: 87.41mg (8.74%), Vitamin B3: 1.51mg (7.55%), Vitamin B5: 0.75mg (7.45%), Vitamin B6: 0.14mg (6.88%), Vitamin C: 5.55mg (6.73%), Vitamin B2: 0.1mg (5.88%)