

Rustichella d’Abruzzo Farro Grain

The nutritional virtues of farro have long been revered in Italy. Farro is rich in fiber, magnesium and vitamins A, B, C and E. Protein content is also high and when combined with legumes, it forms a complete protein source. The starch it contains is very similar to that of rice and is very low in gluten, making it easily digestible even to some gluten-sensitive people. This hearty, chewy grain is wonderful as an accompaniment to mushrooms, wild game, sausage, and as part of any stuffing for turkey or even tomatoes. Farro can also be boiled and kept in a well-sealed container in the fridge so it can be then used in soup or simply sautéed with olive oil and garlic for a perfect side dish. Farro is a great grain to play with in the kitchen and be creative as possible.



Product Details

Item	580221
Brand	Rustichella d’Abruzzo
Sold By	CS
Pack Qty	12
Pack Size	1.1 LB
Case GTIN/EAN/UPC	793232114033
Unit UPC	793232114033
Country of Origin	Italy
Shelf Life from Production	36 months
Storage	Dry
Kosher	No
Gross Case Weight	15 LB
Ingredients	Farro (Triticum dicoccum).