



## Autumn Wheat Berry Salad

 Vegetarian  Vegan  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup cranberries dried
- 4 green onions chopped
- 0.3 cup 1/3 cup kraft zesty italian dressing italian kraft
- 0.5 cup planters pecans toasted chopped
- 1 cup wheat berries

### Equipment

- bowl
- sauce pan

## Directions

- Drain wheat berries; place in medium saucepan.
- Add enough water to cover berries by about 1 inch.
- Bring to boil; simmer on medium–low heat 50 min. to 1 hour or until berries are tender, adding more water if needed to keep berries covered; drain.
- Transfer berries to medium bowl; cool.
- Add remaining ingredients; mix lightly.

## Nutrition Facts

**PROTEIN 8.81%** **FAT 33.64%** **CARBS 57.55%**

## Properties

Glycemic Index:2.8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.0186956382316%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 93.25kcal (4.66%), Fat: 3.68g (5.66%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 11.76g (4.28%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 52.57mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.33%), Fiber: 2.39g (9.57%), Vitamin K: 9.97µg (9.5%), Manganese: 0.17mg (8.3%), Iron: 0.59mg (3.26%), Copper: 0.05mg (2.29%), Vitamin E: 0.26mg (1.75%), Vitamin B1: 0.03mg (1.67%), Magnesium: 5.06mg (1.26%), Calcium: 11.58mg (1.16%), Phosphorus: 11.43mg (1.14%), Zinc: 0.17mg (1.13%)