



Curried Wheat Berry Salad

 Vegetarian  Vegan  Dairy Free

READY IN



535 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- 1.5 teaspoons curry powder
- 1 tablespoon parsley dried
- 0.3 cup olive oil
- 1.3 cups raisins
- 1 teaspoon pepper flakes red
- 8 servings salt to taste
- 1 cup sunflower seeds unsalted

- 6 cups water
- 2 cups wheat berries

Equipment

- bowl
- sauce pan
- whisk

Directions

- Place wheat berries in a large container and cover with several inches of cool water; let stand 8 hours to overnight.
- Drain.
- Bring 6 cups water and wheat berries to a boil in a saucepan; add 1 teaspoon olive oil and salt. Reduce heat to medium-low, cover, and simmer until the wheat berries are tender and have split open, 45 minutes to 1 hour.
- Drain and rinse wheat berries with cold water.
- Whisk 1/3 cup olive oil, curry powder, parsley, red pepper flakes together in a bowl until dressing is evenly mixed.
- Combine wheat berries, chickpeas, sunflower seeds, and raisins in a bowl.
- Drizzle dressing over wheat berry mixture; toss to coat and season with salt.

Nutrition Facts



Properties

Glycemic Index:15.52, Glycemic Load:11.88, Inflammation Score:-5, Nutrition Score:15.607391305592%

Flavonoids

Apigenin: 11.27mg, Apigenin: 11.27mg, Apigenin: 11.27mg, Apigenin: 11.27mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

Nutrients (% of daily need)

Calories: 460.54kcal (23.03%), Fat: 19.43g (29.9%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 52.06g (18.93%), Sugar: 0.49g (0.54%), Cholesterol: 0mg (0%), Sodium: 363.89mg (15.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.48g (26.96%), Vitamin E: 7.39mg (49.25%), Fiber: 12.26g (49.05%), Manganese: 0.87mg (43.36%), Vitamin B6: 0.53mg (26.56%), Copper: 0.49mg (24.36%), Iron: 3.98mg (22.12%), Magnesium: 79.69mg (19.92%), Vitamin B1: 0.29mg (19.49%), Phosphorus: 173.22mg (17.32%), Selenium: 10.23µg (14.61%), Folate: 53.09µg (13.27%), Potassium: 388.99mg (11.11%), Vitamin K: 9.46µg (9.01%), Vitamin B3: 1.78mg (8.92%), Zinc: 1.3mg (8.69%), Calcium: 71.23mg (7.12%), Vitamin B2: 0.12mg (6.94%), Vitamin B5: 0.36mg (3.63%), Vitamin C: 1.87mg (2.26%), Vitamin A: 99.02IU (1.98%)