

Organic
Whole Grain
Wheat

Eating for Two: Tempting Wheatberry Salad for Grazing



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

SALAD

Ingredients

- ☐ 2 ounces cranberries dried to taste (I like a lot of cranberries)
- ☐ 0.3 cup herbs: rosemary fresh packed minced
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons onion red minced
- ☐ 1.5 teaspoons salt
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 quarts water

- ☐ 0.5 pound wheat berries dried
- ☐ 2 tablespoons red-wine vinegar

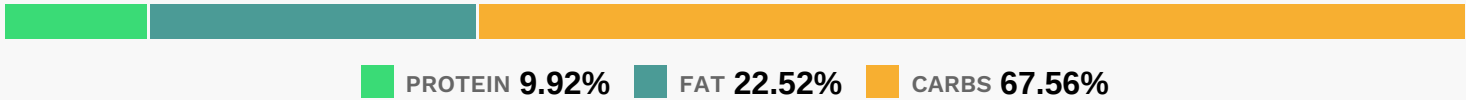
Equipment

- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ Boil the wheatberries in 1.5 quarts salted water, for 60 minutes or until they are soft but still chewy.
- ☐ Drain them in a strainer.
- ☐ Add the drained, slightly cooled wheatberries to a large mixing bowl with the cranberries, red onion, and herbs or parsley. Dissolve the salt in the vinegar and pour it all over the wheatberries along with the oil.
- ☐ Let it sit, covered, for at least 30 minutes. Season to taste with more salt and pepper. This salad is best served at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:6.5860869722522%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg, Myricetin: 0.9mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 299.31kcal (14.97%), Fat: 7.82g (12.03%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 44.26g (16.1%), Sugar: 10.53g (11.71%), Cholesterol: 0mg (0%), Sodium: 1087.34mg (47.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin K: 66.81µg (63.63%), Fiber: 8.52g (34.07%), Iron: 2.19mg (12.19%), Vitamin E: 1.33mg (8.9%), Vitamin C: 5.42mg (6.57%), Vitamin A: 316IU (6.32%), Calcium: 44.62mg (4.46%), Copper: 0.07mg (3.74%), Manganese: 0.06mg (2.81%), Magnesium: 6.82mg (1.7%), Folate: 6.65µg (1.66%), Potassium: 38.24mg (1.09%)