



 **56%**  
HEALTH SCORE

## Greek Grain Salad

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



688 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 pound barley
- 0.3 cup cider vinegar
- 1 cup cucumber diced
- 0.3 cup optional: dill minced
- 0.5 cup optional: dill chopped
- 1 cup feta cheese crumbled
- 4 cloves garlic minced
- 1 cup kalamata olives pitted halved

- 0.8 cup olive oil
- 0.5 cup parsley leaves chopped
- 0.5 cup onion diced red
- 0.5 pound cracked rye berries
- 6 servings salt
- 6 servings salt and pepper
- 1 cup tomatoes diced
- 0.5 pound wheat berries

## Equipment

- bowl
- whisk
- pot
- sieve

## Directions

- Watch how to make this recipe.
- Make the salad: Bring a large pot of water to a boil.
- Add the barley and cook for 15 minutes. Using a sieve, remove barley from the water and transfer to a bowl.
- Bring the water back to a boil and salt, to taste.
- Add the barley and rye and wheat berries and cook, stirring occasionally, until tender, about 30 to 40 minutes.
- Drain, transfer to a bowl, and cool.
- When cool, combine with the remaining ingredients.
- Whisk together the vinegar, dill, and garlic. While whisking, drizzle in the oil to make a smooth dressing. Season with salt and pepper, to taste.
- Toss the salad with the dressing and serve.

## Nutrition Facts



■ PROTEIN 13.51% ■ FAT 21.83% ■ CARBS 64.66%

## Properties

Glycemic Index:45.83, Glycemic Load:16.44, Inflammation Score:-9, Nutrition Score:30.197391154973%

## Flavonoids

Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg, Apigenin: 10.8mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 3.22mg, Isorhamnetin: 3.22mg, Isorhamnetin: 3.22mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

## Nutrients (% of daily need)

Calories: 688.08kcal (34.4%), Fat: 17.43g (26.81%), Saturated Fat: 4.92g (30.74%), Carbohydrates: 116.15g (38.72%), Net Carbohydrates: 91.25g (33.18%), Sugar: 2.35g (2.61%), Cholesterol: 22.25mg (7.42%), Sodium: 1042.2mg (45.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.27g (48.54%), Fiber: 24.91g (99.63%), Vitamin K: 91.32µg (86.98%), Manganese: 1.68mg (83.95%), Selenium: 32.84µg (46.92%), Vitamin B1: 0.57mg (37.7%), Iron: 6.64mg (36.91%), Phosphorus: 309.85mg (30.98%), Magnesium: 121.24mg (30.31%), Vitamin B2: 0.47mg (27.43%), Vitamin A: 1308.46IU (26.17%), Copper: 0.47mg (23.51%), Calcium: 225.86mg (22.59%), Vitamin B6: 0.44mg (22.04%), Vitamin C: 17.37mg (21.05%), Vitamin B3: 4.12mg (20.62%), Zinc: 3.06mg (20.41%), Potassium: 561.61mg (16.05%), Vitamin E: 2.29mg (15.29%), Folate: 48.87µg (12.22%), Vitamin B12: 0.42µg (7.04%), Vitamin B5: 0.61mg (6.07%)