



WHATSheATE



Grilled Chicken and Wheat-Berry Salad

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach leaves divided
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1 cup apples green peeled cut into julienne strips
- ☐ 0.3 cup green onion chopped
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce chicken breasts boneless skinless

- ☐ 4 cups water
- ☐ 1 cup winter wheat berries hard rinsed drained
- ☐ 3 tablespoons cucumber yogurt dressing

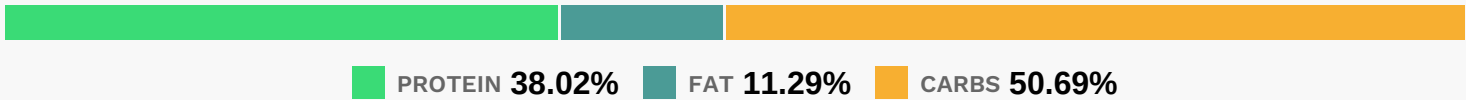
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Combine first 3 ingredients in a saucepan over medium-high heat. Bring mixture to a simmer; cover and cook for 2 hours, 15 minutes or until wheat berries are almost tender.
- ☐ Drain and place in a bowl; discard bay leaf. Coarsely chop 1 cup spinach leaves.
- ☐ Add chopped spinach, apple, bell pepper, dressing, and mustard to the wheat berries, and toss well.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 5 minutes on each side or until done. Thinly slice chicken.
- ☐ Divide remaining spinach evenly among 4 plates.
- ☐ Place 1/2 cup wheat-berry mixture on top of spinach. Arrange chicken evenly over berry mixture; sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:5.7121738642454%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 83.39kcal (4.17%), Fat: 1.06g (1.63%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 10.73g (3.58%), Net Carbohydrates: 8.62g (3.13%), Sugar: 1.24g (1.38%), Cholesterol: 18.63mg (6.21%), Sodium: 84.26mg (3.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.1%), Vitamin K: 21.87µg (20.83%), Vitamin B3: 3.05mg (15.26%), Selenium: 9.42µg (13.46%), Vitamin B6: 0.24mg (11.96%), Vitamin A: 530.44IU (10.61%), Vitamin C: 8.03mg (9.73%), Fiber: 2.11g (8.44%), Phosphorus: 68.31mg (6.83%), Vitamin B5: 0.44mg (4.44%), Potassium: 155.52mg (4.44%), Iron: 0.68mg (3.76%), Magnesium: 13mg (3.25%), Folate: 12.11µg (3.03%), Vitamin B2: 0.05mg (2.85%), Manganese: 0.06mg (2.78%), Calcium: 19.52mg (1.95%), Vitamin B1: 0.03mg (1.87%), Zinc: 0.24mg (1.59%), Vitamin E: 0.23mg (1.54%), Copper: 0.03mg (1.37%), Vitamin B12: 0.07µg (1.18%)