



Heart Healthy Cookbook Wheat Berry Salad



Vegetarian



Vegan



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups broccoli fresh
- ☐ 15 oz garbanzo beans rinsed drained progresso® canned
- ☐ 2 tablespoons soybean oil
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 clove garlic crushed
- ☐ 0.5 cup spring onion sliced (8 medium)
- ☐ 0.3 teaspoon paprika

- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups water
- ☐ 1 cup wheat berries uncooked

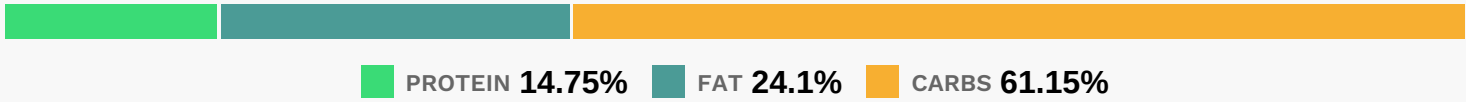
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat water and wheat berries to boiling in 2-quart saucepan, stirring occasionally; reduce heat to low. Cover and simmer 50 to 60 minutes or until wheat berries are tender but still chewy; drain if needed.
- ☐ Toss wheat berries and remaining ingredients in large bowl. Cover and refrigerate 1 to 2 hours to blend flavors.
- ☐ Mix all ingredients in small bowl.

Nutrition Facts



Properties

Glycemic Index:59.04, Glycemic Load:5.15, Inflammation Score:-9, Nutrition Score:18.703043574872%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 346.72kcal (17.34%), Fat: 9.63g (14.82%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 54.99g (18.33%), Net Carbohydrates: 41.96g (15.26%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 473.17mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.54%), Vitamin K: 74.27µg (70.73%), Vitamin A: 3080.76IU (61.62%), Fiber: 13.03g (52.13%), Manganese: 1.03mg (51.69%), Vitamin C: 33.07mg (40.09%), Vitamin B6: 0.6mg (30.11%), Iron: 3.45mg (19.18%), Folate: 58.49µg (14.62%), Phosphorus: 119.79mg (11.98%), Copper: 0.22mg (11.23%), Magnesium: 42.69mg (10.67%), Potassium: 359.86mg (10.28%), Calcium: 96.43mg (9.64%), Vitamin E: 1.02mg

(6.83%), Zinc: 0.99mg (6.61%), Vitamin B5: 0.57mg (5.68%), Vitamin B1: 0.08mg (5.12%), Selenium: 3.17µg (4.53%),
Vitamin B2: 0.08mg (4.48%), Vitamin B3: 0.59mg (2.95%)