



HEALTH SCORE

84%

Kamut Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



357 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach packed
- ☐ 2 blood oranges
- ☐ 1 small carrots halved lengthwise
- ☐ 1 small rib celery halved
- ☐ 2 cups kamut berries dried
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 1 small onion halved

- ☐ 6 servings pepper freshly ground
- ☐ 6 servings salt
- ☐ 1 medium shallots minced
- ☐ 10 strawberries quartered
- ☐ 0.5 vanilla pod

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ kitchen twine

Directions

- ☐ Split the vanilla bean lengthwise and scrape the seeds into a small bowl. Using kitchen twine, tie the vanilla bean, carrot and celery halves together. In a medium saucepan, heat 1 tablespoon of the olive oil.
- ☐ Add the kamut and cook over moderately high heat, stirring, until toasted, 1 minute.
- ☐ Add 6 cups of water and bring to a boil.
- ☐ Add the vegetable bundle and onion halves. Cover partially and simmer over low heat, stirring occasionally, until the kamut is just tender, about 1 hour.
- ☐ Drain the kamut and discard the vegetables.
- ☐ Meanwhile, finely grate the zest of 1 orange into the bowl with the vanilla seeds.
- ☐ Add the shallot and lemon juice. Using a knife, remove the peel and white pith from both oranges.
- ☐ Cut in between the membranes to release the sections into a large bowl. Squeeze the juice from the membranes into the small bowl and let stand for 10 minutes.
- ☐ Whisk in the remaining 5 tablespoons of oil.
- ☐ Add the kamut to the orange sections in the large bowl. Stir in the dressing and season with salt and pepper. Fold in the strawberries and spinach and serve.

Nutrition Facts

PROTEIN 10.53% FAT 37.25% CARBS 52.22%

Properties

Glycemic Index:47.06, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:23.375217468842%

Flavonoids

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Nutrients (% of daily need)

Calories: 356.87kcal (17.84%), Fat: 15.58g (23.97%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 42.18g (15.34%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 212.81mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Manganese: 1.99mg (99.72%), Selenium: 43.3µg (61.85%), Vitamin K: 59.68µg (56.83%), Vitamin A: 2350.21IU (47%), Fiber: 6.97g (27.9%), Vitamin B1: 0.4mg (26.5%), Phosphorus: 259.02mg (25.9%), Vitamin C: 20.5mg (24.85%), Magnesium: 97.55mg (24.39%), Vitamin B3: 4.21mg (21.04%), Iron: 3.29mg (18.25%), Vitamin E: 2.72mg (18.17%), Copper: 0.36mg (18.12%), Zinc: 2.43mg (16.18%), Potassium: 435.47mg (12.44%), Vitamin B6: 0.23mg (11.61%), Vitamin B2: 0.15mg (8.54%), Folate: 31.79µg (7.95%), Vitamin B5: 0.66mg (6.61%), Calcium: 37.76mg (3.78%)