

Cook Everything

Mark Bittman's Wheat Berries with Walnuts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 medium shallots minced
- ☐ 0.8 cup walnut pieces chopped
- ☐ 1.5 cups wheat berries

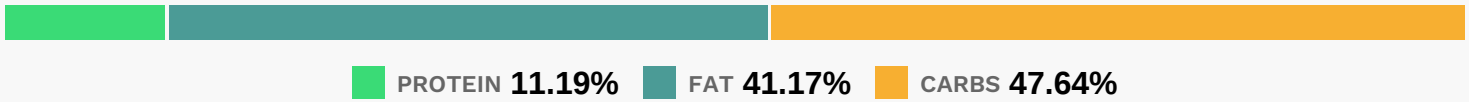
Equipment

- ☐ frying pan

Directions

- ☐ Wheat Berries with Walnuts and Apples. Core and dice (peeling is optional) 1 all-purpose apple, like Golden Delicious; add to the pan with the shallot.
- ☐ Wheat Berries with Walnuts and Beets.
- ☐ Add 1 cup diced cooked beets along with the walnuts in Step
- ☐ Garnish with crumbled goat cheese if you like.
- ☐ Forty-Five Minute Roast Turkey
- ☐ Turkey Gravy
- ☐ Favorite Bread Stuffing
- ☐ Cranberry Relish with Orange and Ginger
- ☐ Potato Gratin
- ☐ Raw Beet Salad
- ☐ Braised and Glazed Brussel Sprouts

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:8.5934783790423%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 461.11kcal (23.06%), Fat: 22.16g (34.1%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 57.7g (19.23%), Net Carbohydrates: 45.86g (16.68%), Sugar: 1.07g (1.18%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.55g (27.11%), Fiber: 11.83g (47.33%), Manganese: 0.8mg (39.86%), Iron: 3.34mg (18.54%), Copper: 0.36mg (18.06%), Magnesium: 37.74mg (9.44%), Phosphorus: 80.87mg (8.09%), Vitamin E: 1.17mg (7.77%), Vitamin B6: 0.14mg (7.16%), Calcium: 61.7mg (6.17%), Folate: 24.09µg (6.02%), Vitamin B1: 0.08mg (5.28%), Zinc: 0.72mg (4.81%), Vitamin K: 5.02µg (4.78%), Potassium: 125.11mg (3.57%), Vitamin C: 2.39mg (2.89%), Vitamin B2: 0.04mg (2.3%), Selenium: 1.15µg (1.65%), Vitamin B5: 0.15mg (1.49%), Vitamin B3: 0.28mg (1.39%), Vitamin A: 52.69IU (1.05%)