



## Mediterranean Wheat Berry Salad

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup brown rice long-grain
- 0.3 cup calamata olives pitted halved
- 0.8 lb cucumber rinsed cut into 1/2-inch cubes
- 2 teaspoons dijon mustard
- 0.5 cup feta cheese crumbled
- 0.3 cup mint leaves fresh chopped
- 0.8 cup green onions thinly sliced
- 6 oz marinated artichoke hearts

- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 0.3 cup parsley chopped
- 6 tablespoons red wine vinegar
- 2 roma tomatoes cored rinsed cut into 1/2-inch cubes
- 9 servings salt and pepper
- 0.8 cup wheat berries

## Equipment

- bowl
- frying pan

## Directions

- In a 3- to 4-quart pan, combine wheat berries, rice, and 6 cups water. Bring to a boil over high heat. Cover and simmer until grains are tender to bite, 30 to 35 minutes.
- Drain.
- Pour into a large bowl.
- Drain artichoke marinade into bowl with grains. Coarsely chop artichokes and add to bowl along with vinegar, oil, mustard, and oregano.
- Mix well and let stand until cool, about 20 minutes.
- Add tomatoes, cucumber, onions, cheese, olives, mint, and parsley; mix well.
- Add salt and pepper to taste.

## Nutrition Facts



**PROTEIN 10.64%** **FAT 35.44%** **CARBS 53.92%**

## Properties

Glycemic Index:26.64, Glycemic Load:7.23, Inflammation Score:-7, Nutrition Score:9.8621739084306%

## Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg, Apigenin: 3.68mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## **Nutrients (% of daily need)**

Calories: 205.11kcal (10.26%), Fat: 8.16g (12.55%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 27.93g (9.31%), Net Carbohydrates: 23.65g (8.6%), Sugar: 1.33g (1.48%), Cholesterol: 7.42mg (2.47%), Sodium: 456.61mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Vitamin K: 51.88µg (49.41%), Manganese: 0.69mg (34.73%), Fiber: 4.28g (17.12%), Vitamin C: 11.44mg (13.87%), Vitamin A: 684.65IU (13.69%), Magnesium: 36.2mg (9.05%), Iron: 1.63mg (9.05%), Phosphorus: 88.92mg (8.89%), Calcium: 84.11mg (8.41%), Vitamin B6: 0.16mg (7.98%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.1mg (6.13%), Folate: 23.71µg (5.93%), Vitamin E: 0.84mg (5.61%), Copper: 0.11mg (5.29%), Potassium: 183.91mg (5.25%), Vitamin B3: 0.98mg (4.91%), Zinc: 0.73mg (4.9%), Vitamin B5: 0.44mg (4.45%), Selenium: 1.77µg (2.53%), Vitamin B12: 0.14µg (2.35%)