



Orange-Kissed Berry Pilaf



Vegetarian



Vegan



Dairy Free

READY IN



76 min.

SERVINGS



8

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons hazelnut oil
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 5 tablespoons orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 4.5 cups water
- ☐ 1 cup wheat berries uncooked

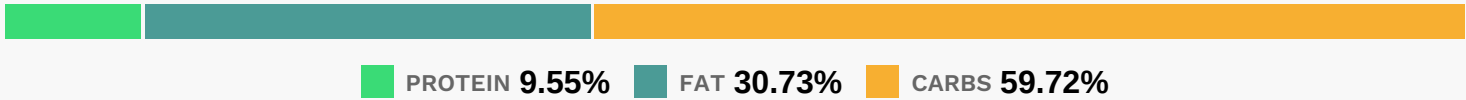
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine wheat berries, cups water, and 1/4 teaspoon salt in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Drain.
- ☐ Combine cooked wheat berries, 1/2 teaspoon salt, and remaining ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.62, Inflammation Score:-1, Nutrition Score:3.83956524341%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 165.87kcal (8.29%), Fat: 5.97g (9.19%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 21.82g (7.94%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 225.17mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Fiber: 4.29g (17.17%), Manganese: 0.33mg (16.54%), Vitamin E: 2.12mg (14.12%), Vitamin C: 6.32mg (7.66%), Iron: 1.09mg (6.06%), Copper: 0.12mg (5.87%), Vitamin B1: 0.04mg (2.89%), Magnesium: 11.07mg (2.77%), Calcium: 23.59mg (2.36%), Folate: 8.99µg (2.25%), Vitamin B6: 0.04mg (1.81%), Potassium: 60.07mg (1.72%), Phosphorus: 17.02mg (1.7%), Vitamin K: 1.3µg (1.23%)