



Pear Walnut Wheat Berry Salad

 Vegetarian

READY IN



90 min.

SERVINGS



6

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup canola oil
- 2 teaspoons dijon mustard
- 0.5 cup cranberries dried
- 0.5 cup gorgonzola cheese crumbled
- 3 green onions chopped
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon oregano dried
- 1 pears diced firm cored

- 0.5 cup raspberry preserves
- 0.5 cup walnuts chopped
- 7 cups water
- 2 cups wheat berries
- 0.5 cup raspberry wine vinegar

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk

Directions

- Bring water and wheat berries to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the wheat berries are tender, 45 minutes to 1 hour.
- Drain any excess water and cool.
- Preheat oven to 375 degrees F (190 degrees C).
- Spread walnuts onto a baking sheet.
- Bake walnuts in the preheated oven until toasted and fragrant, 5 to 10 minutes.
- Remove pan from oven and cool.
- Whisk canola oil, raspberry wine vinegar, raspberry preserves, mustard, oregano, and black pepper together in a bowl until vinaigrette is smooth. Measure 1/2 cup vinaigrette and store remaining vinaigrette in an airtight container in the refrigerator for another use.
- Combine wheat berries, walnuts, pear, Gorgonzola cheese, cranberries, and green onions in a large bowl.
- Drizzle 1/2 cup vinaigrette over wheat berries mixture; toss to coat. Refrigerate for flavors to blend, about 30 minutes.

Nutrition Facts

PROTEIN 10.18% FAT 24.63% CARBS 65.19%

Properties

Glycemic Index:39.96, Glycemic Load:12.19, Inflammation Score:-4, Nutrition Score:8.5752174361892%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 486.17kcal (24.31%), Fat: 13.78g (21.2%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 82.05g (27.35%), Net Carbohydrates: 70.46g (25.62%), Sugar: 24.44g (27.15%), Cholesterol: 7.06mg (2.35%), Sodium: 153.08mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.63%), Fiber: 11.59g (46.36%), Manganese: 0.43mg (21.33%), Vitamin K: 18.32µg (17.45%), Iron: 2.92mg (16.23%), Copper: 0.27mg (13.59%), Calcium: 114.69mg (11.47%), Phosphorus: 85.8mg (8.58%), Vitamin E: 1.08mg (7.21%), Magnesium: 27.11mg (6.78%), Vitamin C: 5.15mg (6.24%), Folate: 22.31µg (5.58%), Vitamin B2: 0.09mg (5.24%), Vitamin B6: 0.09mg (4.6%), Zinc: 0.68mg (4.53%), Potassium: 157.27mg (4.49%), Selenium: 3.11µg (4.44%), Vitamin B1: 0.05mg (3.47%), Vitamin A: 144.09IU (2.88%), Vitamin B5: 0.27mg (2.72%), Vitamin B12: 0.11µg (1.91%), Vitamin B3: 0.36mg (1.82%)