



Popped Amaranth and Toasted Wheat Berry Fool

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



484 kcal

Ingredients

- ☐ 50 g amaranth grain raw
- ☐ 240 ml cup heavy whipping cream
- ☐ 340 g wedges honeydew melon fresh diced pitted
- ☐ 240 ml yogurt plain
- ☐ 1.5 teaspoons tsp vanilla sugar to taste
- ☐ 45 g wheat berries raw

Equipment

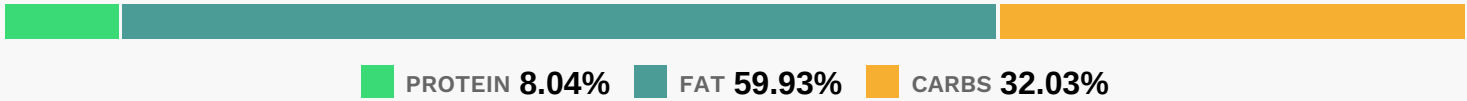
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a small, heavy stainless-steel sauté pan over high heat.
- ☐ Add the wheat berries and cook, shaking the pan frequently,until they crackle and swell up and are just starting to color,about 2 minutes.
- ☐ Remove to a bowl.
- ☐ To the same pan over high heat, add half of the amaranth,cover immediately, and cook until the grains are all popped,no longer than 30 seconds. Immediately dump them in thebowl with the wheat berries and repeat with the remainingamaranth. Toss to combine the grains, then divide themamong serving bowls.
- ☐ Whip the cream with about 3/4 teaspoon sugar until softpeaks form. In a separate bowl, whisk the yogurt togetherwith about 3/4 teaspoon sugar until smooth. Gently fold thecream into the yogurt, then dollop the mixture onto thegrains and cover the top with fruit.
- ☐ Serve, or gently fold thegrains, cream, and fruit together before serving.
- ☐ From Whole Grains for a New Generation: Light Dishes, Hearty Meals, Sweet Treats, and Sundry Snacks for the Everyday Cook by Liana Krissoff. Copyright © 2012 Liana Krissoff; photographs copyright © 2012 Rinne Allen. Published in 2012 by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index:41.36, Glycemic Load:5.55, Inflammation Score:-8, Nutrition Score:13.178260865419%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 484.49kcal (24.22%), Fat: 33.25g (51.15%), Saturated Fat: 20.53g (128.33%), Carbohydrates: 39.98g (13.33%), Net Carbohydrates: 35.96g (13.08%), Sugar: 17.69g (19.66%), Cholesterol: 101.71mg (33.9%), Sodium:

80.92mg (3.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.06%), Manganese: 0.59mg (29.51%), Vitamin C: 22mg (26.66%), Vitamin A: 1322.03IU (26.44%), Phosphorus: 230.68mg (23.07%), Calcium: 193.34mg (19.33%), Vitamin B2: 0.32mg (18.6%), Magnesium: 68.24mg (17.06%), Fiber: 4.02g (16.09%), Potassium: 547.97mg (15.66%), Vitamin B6: 0.25mg (12.65%), Selenium: 8.16µg (11.66%), Iron: 2.06mg (11.47%), Folate: 44.22µg (11.05%), Vitamin B5: 0.95mg (9.46%), Vitamin D: 1.37µg (9.14%), Zinc: 1.26mg (8.42%), Vitamin B12: 0.44µg (7.25%), Vitamin B1: 0.1mg (6.83%), Vitamin E: 1.01mg (6.74%), Copper: 0.13mg (6.56%), Vitamin K: 6.03µg (5.74%), Vitamin B3: 0.74mg (3.71%)