



Rice and Wheat Berry Pilaf with Baby Spinach



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach
- ☐ 0.8 cup rice
- ☐ 3 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons salt
- ☐ 5.8 cups water
- ☐ 0.8 cup wheat berries

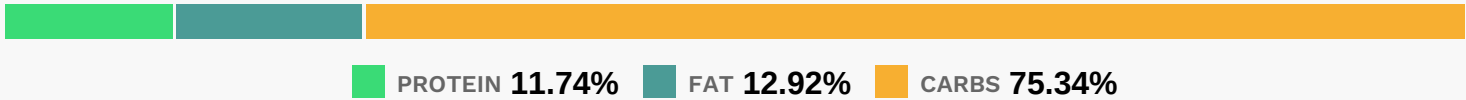
Equipment

☐ sauce pan

Directions

- ☐ Place wheat berries in heavy medium saucepan.
- ☐ Add enough cold water to saucepan to cover wheat berries by 3 inches.
- ☐ Let stand overnight.
- ☐ Drain.
- ☐ Bring 4 cups water, wheat berries and 3/4 teaspoon salt to boil in same saucepan. Reduce heat, cover and simmer until wheat berries are tender but still slightly firm to bite, about 1 hour.
- ☐ Drain.
- ☐ Heat oil in heavy large saucepan over medium heat.
- ☐ Add rice and garlic; stir 1 minute. Stir in remaining 1 3/4 cups water and 3/4 teaspoon salt; bring to boil. Reduce heat to low, cover and cook until liquid is almost absorbed and rice is tender, about 15 minutes.
- ☐ Add spinach and cooked wheat berries; stir until spinach wilts and wheat berries are heated through, about 3 minutes. Season with salt and pepper.
- ☐ Serve hot.
- ☐ *Also called hard wheat berries. Available at most natural foods stores.
- ☐ **Available at Indian markets and many supermarkets.
- ☐ per serving: calories, 195; total fat, 3 g; saturated fat, 0.5 g; cholesterol, 0
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:20.53, Glycemic Load:11.4, Inflammation Score:-9, Nutrition Score:12.762608642163%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 197.12kcal (9.86%), Fat: 2.88g (4.43%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 33.5g (12.18%), Sugar: 0.16g (0.18%), Cholesterol: 0mg (0%), Sodium: 616.56mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin K: 138.38µg (131.79%), Vitamin A: 2658.47IU (53.17%), Manganese: 0.53mg (26.62%), Fiber: 4.29g (17.15%), Folate: 56.89µg (14.22%), Vitamin C: 8.43mg (10.22%), Iron: 1.8mg (9.98%), Magnesium: 30.83mg (7.71%), Copper: 0.13mg (6.45%), Vitamin E: 0.94mg (6.25%), Selenium: 3.99µg (5.7%), Vitamin B6: 0.11mg (5.59%), Calcium: 55.55mg (5.56%), Potassium: 190.94mg (5.46%), Phosphorus: 42.78mg (4.28%), Vitamin B2: 0.07mg (3.92%), Zinc: 0.44mg (2.96%), Vitamin B3: 0.59mg (2.93%), Vitamin B1: 0.04mg (2.75%), Vitamin B5: 0.26mg (2.62%)