



Sesame-Wheat Berry Salad

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup wheat berries uncooked
- 2.5 cups chicken broth
- 0.5 cup celery chopped
- 0.5 cup cucumber seeded chopped
- 0.5 cup carrots shredded
- 0.3 cup spring onion sliced
- 2 tablespoons sesame seed toasted
- 2 tablespoons sugar

- 2 tablespoons rice vinegar
- 1 tablespoon vegetable oil
- 1.5 teaspoons sesame oil
- 1 teaspoon ginger/garlic paste
- 0.5 teaspoon soy sauce reduced-sodium

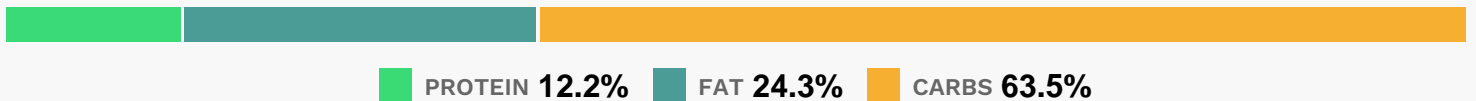
Equipment

- bowl
- sauce pan

Directions

- In 2-quart saucepan, heat wheat berries and chicken broth to boiling over high heat; stir. Reduce heat to low; cover and simmer about 1 hour or until wheat is tender.
- Drain and cool to room temperature, about 20 minutes.
- Meanwhile, in small jar with tight-fitting lid, mix dressing ingredients. Cover; shake well.
- In medium bowl, mix remaining salad ingredients.
- Pour dressing over salad; toss to coat. If making ahead, add toasted sesame seed just before serving.

Nutrition Facts



Properties

Glycemic Index:38.87, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:4.7478261039309%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 140.4kcal (7.02%), Fat: 3.94g (6.06%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 19.1g (6.94%), Sugar: 3.98g (4.42%), Cholesterol: 1.47mg (0.49%), Sodium: 295.38mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.9%), Vitamin A: 1403.67IU (28.07%), Fiber: 4.05g (16.19%), Vitamin K: 13.21µg (12.58%), Iron: 1.26mg (7.01%), Manganese: 0.13mg (6.3%), Copper: 0.11mg (5.47%), Calcium: 43.62mg (4.36%), Vitamin B2: 0.06mg (3.71%), Vitamin B1: 0.04mg (2.9%), Magnesium: 11.44mg (2.86%), Potassium: 88.27mg (2.52%), Phosphorus: 24.37mg (2.44%), Vitamin B6: 0.05mg (2.3%), Folate: 9.05µg (2.26%), Vitamin C: 1.72mg (2.08%), Vitamin B3: 0.38mg (1.89%), Vitamin E: 0.28mg (1.83%), Zinc: 0.27mg (1.8%), Selenium: 1.17µg (1.67%)