



Smoked Salmon and Wheat Berry Salad

 Dairy Free

READY IN



555 min.

SERVINGS



4

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 medium celery stalks thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups fuji apple diced
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 0.5 cup onion red vertically sliced
- ☐ 4 ounces salmon smoked cut into 1-inch pieces
- ☐ 0.5 cup walnut pieces toasted chopped
- ☐ 1 cup wheat berries uncooked

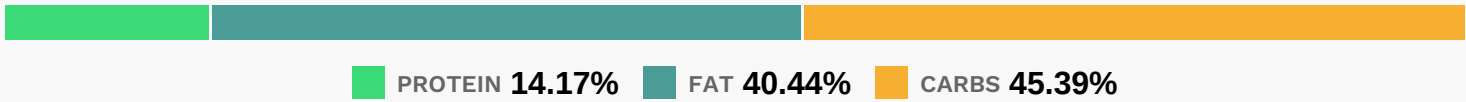
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place wheat berries in a medium bowl; cover with water to 2 inches above wheat berries. Cover and let stand 8 hours.
- ☐ Drain.
- ☐ Place wheat berries in a saucepan. Cover with water to 2 inches above wheat berries; bring to a boil. Reduce heat, and cook, uncovered, 1 hour or until tender.
- ☐ Drain.
- ☐ Combine wheat berries, apple, and next 4 ingredients (through celery) in a large bowl.
- ☐ Combine oil and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle dressing over wheat berry mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:2.38, Inflammation Score:-4, Nutrition Score:11.456521651019%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 394.82kcal (19.74%), Fat: 18.57g (28.57%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 46.91g (15.64%), Net Carbohydrates: 37.47g (13.63%), Sugar: 6.4g (7.11%), Cholesterol: 6.52mg (2.17%), Sodium: 557.65mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.65g (29.29%), Fiber: 9.44g (37.77%), Vitamin D: 4.85µg (32.32%), Manganese: 0.6mg (29.88%), Copper: 0.33mg (16.34%), Selenium: 11.31µg (16.16%), Vitamin B12: 0.92µg (15.4%), Iron: 2.5mg (13.91%), Phosphorus: 113.64mg (11.36%), Vitamin E: 1.62mg (10.77%), Vitamin B6: 0.21mg (10.48%), Vitamin C: 7.45mg (9.03%), Magnesium: 35.53mg (8.88%), Vitamin B3: 1.61mg (8.03%), Vitamin K: 6.8µg (6.48%), Potassium: 216.27mg (6.18%), Folate: 22.7µg (5.67%), Vitamin B1: 0.08mg (5.56%), Calcium: 52.72mg (5.27%), Vitamin B2: 0.07mg (4.34%), Zinc: 0.63mg (4.19%), Vitamin B5: 0.41mg (4.14%), Vitamin A: 67.01IU (1.34%)