



Southwestern Wheat Berry Pilaf



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 inch anaheim chiles
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 1 cup jicama diced peeled
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup bell pepper diced red

- ☐ 0.8 cup onion red minced
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup wheat berries uncooked

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ aluminum foil
- ☐ ziploc bags

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 medium 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 and set aside.
- ☐ Cut chiles in half lengthwise; discard seeds and membranes.
- ☐ Place chile halves, skin side up, on a foil-lined baking sheet; flatten with hand. Broil chiles 8 minutes or until blackened.
- ☐ Place chiles in a heavy-duty zip-top plastic bag, and seal; let stand 10 minutes. Peel chiles, and chop.
- ☐ Combine chiles, wheat berries, bell pepper, and next 8 ingredients (bell pepper through beans) in a large bowl; stir well.
- ☐ Serve chilled or at room temperature.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



 PROTEIN **15.53%**  FAT **17.22%**  CARBS **67.25%**

Properties

Glycemic Index:22.67, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:10.559130554614%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 206.4kcal (10.32%), Fat: 4.11g (6.33%), Saturated Fat: 0.57g (3.53%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 25.74g (9.36%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 486.32mg (21.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.34g (16.68%), Vitamin C: 42.97mg (52.08%), Fiber: 10.39g (41.56%), Vitamin A: 849.14IU (16.98%), Folate: 62.39µg (15.6%), Iron: 2.49mg (13.81%), Manganese: 0.25mg (12.71%), Potassium: 349.88mg (10%), Phosphorus: 95.71mg (9.57%), Vitamin B1: 0.13mg (8.71%), Magnesium: 33.47mg (8.37%), Copper: 0.17mg (8.28%), Vitamin B6: 0.16mg (8.05%), Vitamin B2: 0.12mg (7.15%), Vitamin E: 1.04mg (6.93%), Vitamin K: 6.29µg (5.99%), Calcium: 48.46mg (4.85%), Vitamin B3: 0.78mg (3.88%), Zinc: 0.54mg (3.57%), Vitamin B5: 0.28mg (2.83%), Selenium: 1.36µg (1.94%)