



Spelt Salad with Fava Beans



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 cups avarakkai / broad beans whole shelled unpeeled 2 pounds pods
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves crushed

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup oil-packed sun-dried tomato halves drained chopped
- ☐ 4 cups water
- ☐ 1 cup wheat berries uncooked

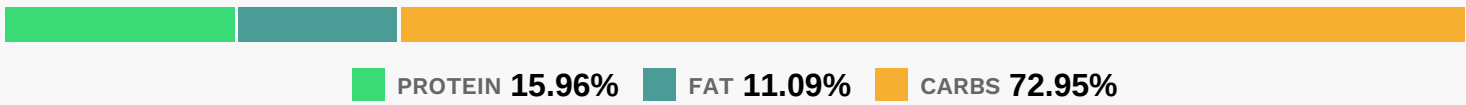
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place spelt in a large saucepan; cover with water to 2 inches above spelt. Bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours or until spelt is tender.
- ☐ Drain.
- ☐ Bring 4 cups water to a boil in a medium saucepan.
- ☐ Add fava beans; cook 2 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Remove and discard tough outer skins from beans.
- ☐ Combine spelt, fava beans, tomatoes, celery, and currants in a large bowl.
- ☐ Combine vinegar and next 4 ingredients (through garlic), stirring with a whisk.
- ☐ Drizzle over spelt mixture; toss well to coat.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:8.19, Inflammation Score:-5, Nutrition Score:11.78130429724%

Flavonoids

Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 251.95kcal (12.6%), Fat: 3.26g (5.02%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 48.32g (16.11%), Net Carbohydrates: 39.06g (14.2%), Sugar: 10.8g (12%), Cholesterol: 0mg (0%), Sodium: 227.98mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.14%), Vitamin K: 51.01µg (48.58%), Fiber: 9.26g (37.05%), Manganese: 0.51mg (25.35%), Folate: 72.86µg (18.21%), Iron: 3.18mg (17.65%), Copper: 0.34mg (17.01%), Potassium: 579.42mg (16.56%), Magnesium: 50.28mg (12.57%), Phosphorus: 118.17mg (11.82%), Vitamin C: 8.04mg (9.74%), Vitamin B1: 0.12mg (8.15%), Vitamin B3: 1.43mg (7.15%), Vitamin A: 343.85IU (6.88%), Calcium: 68.74mg (6.87%), Vitamin B2: 0.12mg (6.78%), Vitamin B6: 0.12mg (5.81%), Zinc: 0.86mg (5.72%), Vitamin B5: 0.32mg (3.23%), Selenium: 2.22µg (3.17%), Vitamin E: 0.4mg (2.67%)