



## Three-Grain Salad

 Dairy Free

READY IN



210 min.

SERVINGS



5

CALORIES



499 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 5.5 cups water
- ☐ 1 cup wheat berries uncooked
- ☐ 0.3 cup brown rice long-grain uncooked
- ☐ 0.5 cup quick-cooking barley hulled uncooked
- ☐ 0.5 cup cherries dried
- ☐ 0.3 cup carrots diced
- ☐ 0.3 cup celery diced
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 cup apples unpeeled chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup sugar
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 tablespoons onion red grated
- ☐ 2 teaspoons worcestershire sauce
- ☐ 2 cloves garlic finely chopped

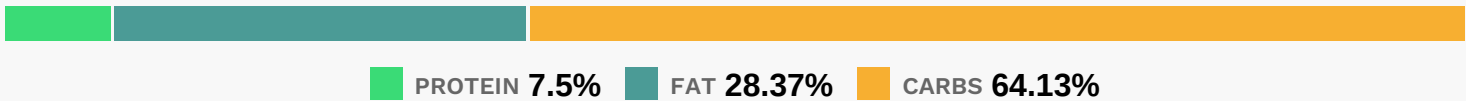
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ In 2-quart saucepan, heat water and wheat berries to boiling. Reduce heat to low. Cover; simmer 10 minutes. Stir in brown rice and barley. Cover; simmer about 50 minutes longer or until grains are tender.
- ☐ Drain if necessary.
- ☐ In small bowl, mix dressing ingredients.
- ☐ In large bowl, mix cooked grains and remaining salad ingredients.
- ☐ Pour dressing over salad; toss. Cover; refrigerate 1 to 2 hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:80.13, Glycemic Load:16.22, Inflammation Score:-8, Nutrition Score:14.416086995083%

## Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 499.07kcal (24.95%), Fat: 16.1g (24.77%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 81.91g (27.3%), Net Carbohydrates: 70.7g (25.71%), Sugar: 23.34g (25.93%), Cholesterol: 0mg (0%), Sodium: 60.94mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Vitamin K: 73.57µg (70.07%), Fiber: 11.21g (44.82%), Manganese: 0.84mg (41.99%), Vitamin A: 1844.72IU (36.89%), Vitamin E: 2.77mg (18.48%), Iron: 2.72mg (15.1%), Selenium: 7.9µg (11.28%), Magnesium: 43.4mg (10.85%), Copper: 0.19mg (9.64%), Phosphorus: 93.14mg (9.31%), Vitamin C: 7.6mg (9.21%), Vitamin B3: 1.66mg (8.32%), Vitamin B6: 0.16mg (8.24%), Vitamin B1: 0.11mg (7.42%), Calcium: 66.75mg (6.68%), Potassium: 222.48mg (6.36%), Zinc: 0.82mg (5.5%), Folate: 19.67µg (4.92%), Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.32mg (3.18%)