



Wheat Berries with Charred Onions and Kale



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 8 cups kale packed stemmed
- ☐ 1 tablespoon kosher salt plus more
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 8 tablespoons olive oil divided
- ☐ 2 medium onions divided halved
- ☐ 5 sprigs thyme leaves
- ☐ 1.5 cups wheat berries

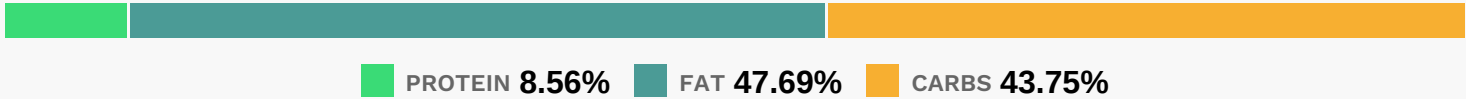
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine wheat berries, 1 onion half, thymesprigs, and 1 tablespoon salt in a large saucepan;add water to cover by 2". Bring to a boil;reduce heat to medium and simmer untilwheat berries are just tender but still firm tothe bite, about 35 minutes.
- ☐ Drain; discardonion and thyme.
- ☐ Place wheat berries in alarge bowl; let cool.
- ☐ Cut remaining 3 onion halves crosswiseinto 1/2" slices.
- ☐ Heat 1 tablespoon oil in a largecast-iron or other heavy skillet overmedium-high heat; add onions. Seasonlightly with salt and pepper. Cook, stirringoccasionally, until onions are charred inspots, about 5 minutes.
- ☐ Transfer to bowlwith wheat berries.
- ☐ Add 1 tablespoon oil tosame skillet. Working in 3 batches, add kaleand cook, tossing occasionally, sprinklingwith salt and pepper, and adding oil asneeded between batches, until charredin spots, about 1 minute per batch.
- ☐ Addto bowl.
- ☐ Drizzle with lemon juice and anyremaining oil; toss to coat. Season to tastewith salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:14.056086822696%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg, Isorhamnetin: 8.44mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.77mg, Quercetin: 13.77mg, Quercetin: 13.77mg, Quercetin: 13.77mg

Nutrients (% of daily need)

Calories: 357.79kcal (17.89%), Fat: 19.7g (30.31%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 32.07g (11.66%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 1179.54mg (51.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.9%), Vitamin K: 120.75µg (115%), Vitamin A: 2838.22IU (56.76%), Vitamin C: 31.17mg (37.78%), Fiber: 8.59g (34.34%), Vitamin E: 2.88mg (19.23%), Iron: 2.4mg (13.31%), Manganese: 0.26mg (13.11%), Calcium: 106.65mg (10.66%), Vitamin B2: 0.11mg (6.56%), Folate: 25.22µg (6.3%), Potassium: 160.38mg (4.58%), Vitamin B6: 0.09mg (4.48%), Magnesium: 14.59mg (3.65%), Vitamin B1: 0.05mg (3.31%), Phosphorus: 27.27mg (2.73%), Vitamin B3: 0.39mg (1.96%), Copper: 0.04mg (1.82%), Zinc: 0.19mg (1.28%)