



Wheat Berry, Grilled Corn and Spinach Salad

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups water
- 1 cup wheat berries uncooked
- 0.5 teaspoon salt
- 2 medium ears corn fresh sweet
- 1 cup cherry tomatoes cut in half
- 2 cups baby spinach
- 0.3 cup onion chopped
- 2 tablespoons vinegar white

- 1 teaspoon orange zest grated
- 2 tablespoons orange juice
- 2 tablespoons vegetable oil
- 1 tablespoon honey
- 1 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)

Equipment

- bowl
- sauce pan
- whisk
- grill
- measuring cup

Directions

- In 2-quart saucepan, heat water, wheat berries and salt to a rolling boil over high heat. Reduce heat to low; cover and simmer 1 1/4 to 1 1/2 hours or until tender.
- Drain; rinse with cold water to cool.
- Drain well.
- Heat gas or charcoal grill.
- Place corn on grill over medium-high heat. Cover grill; cook 12 to 15 minutes, turning frequently, until tender. Cool slightly; cut corn from ears to measure about 2 cups.
- In large bowl, stir together wheat berries, corn, tomatoes, spinach and onion.
- In 1-cup measuring cup, mix vinegar, orange peel, orange juice, oil, honey, salt and red pepper with wire whisk. Stir into wheat berry mixture.
- Let stand 15 minutes before serving.

Nutrition Facts



PROTEIN 11.48% **FAT 22.68%** **CARBS 65.84%**

Properties

Glycemic Index:40.88, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:8.6795651031577%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 204.47kcal (10.22%), Fat: 5.45g (8.39%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 29.93g (10.88%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 604.59mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin K: 57.5µg (54.76%), Vitamin A: 1152.92IU (23.06%), Fiber: 5.7g (22.78%), Vitamin C: 14.61mg (17.71%), Folate: 40.09µg (10.02%), Iron: 1.74mg (9.65%), Manganese: 0.19mg (9.43%), Potassium: 226.4mg (6.47%), Magnesium: 25.66mg (6.42%), Vitamin B1: 0.08mg (5.21%), Vitamin E: 0.75mg (5.02%), Phosphorus: 45.56mg (4.56%), Vitamin B3: 0.85mg (4.24%), Vitamin B6: 0.08mg (4.17%), Copper: 0.08mg (3.98%), Calcium: 35.91mg (3.59%), Vitamin B5: 0.31mg (3.05%), Vitamin B2: 0.05mg (2.86%), Zinc: 0.28mg (1.89%)