



WHATSheATE



HEALTH SCORE

54%

Wheat Berry, Kale, and Cranberry Salad



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup cranberries dried
- ☐ 2 cups kale shredded
- ☐ 0.4 teaspoon kosher salt
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup onion red minced

☐ 0.5 cup wheat berries uncooked

Equipment

☐ bowl

☐ sauce pan

Directions

☐ Place wheat berries in a medium saucepan. Cover with water to 2 inches above wheat berries; bring to a boil. Cover, reduce heat to medium, and cook 50 minutes or until chewy-tender.

☐ Drain and rinse with cold water; drain.

☐ Place wheat berries and remaining ingredients in a large bowl; toss gently.

☐ THE WHOLE-GRAINS BENTO

☐ Holy whole grains! For crunchy-granola types, there's good-for-you nutrition all over this lunch, which gives you about two-thirds of the daily whole-grain recommendation.

☐ Make Our Recipe: Wheat Berry, Kale, and Cranberry Salad

☐ Then add

☐ 100% whole-grain crackers (such as Wheat Thins)

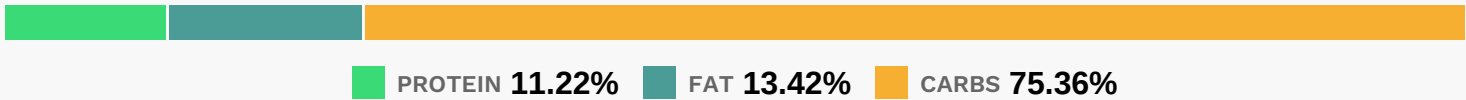
☐ ounce Manchego cheese, thinly sliced

☐ whole-grain oatmeal cookies with chocolate (such as Kashi Oatmeal Dark Chocolate Cookies)

☐ Serves 2

☐ Each lunch contains 527 calories, 1g fat (2g sat fat), 15g protein, 8g carbs, 3g fiber, and 671mg sodium.

Nutrition Facts



Properties

Glycemic Index:81.5, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:11.959565173025%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg, Kaempferol: 10.02mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg, Quercetin: 9.58mg

Nutrients (% of daily need)

Calories: 260.94kcal (13.05%), Fat: 4.1g (6.31%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 42.74g (15.54%), Sugar: 12.39g (13.76%), Cholesterol: 0mg (0%), Sodium: 469.4mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Vitamin K: 92.75µg (88.33%), Vitamin A: 2213.04IU (44.26%), Fiber: 9.14g (36.55%), Vitamin C: 21.91mg (26.55%), Manganese: 0.28mg (14.1%), Iron: 2.15mg (11.93%), Calcium: 93.56mg (9.36%), Folate: 25.95µg (6.49%), Vitamin E: 0.96mg (6.42%), Vitamin B2: 0.1mg (5.73%), Potassium: 184.27mg (5.26%), Vitamin B6: 0.08mg (4%), Magnesium: 13.13mg (3.28%), Vitamin B1: 0.04mg (2.7%), Phosphorus: 25.62mg (2.56%), Vitamin B3: 0.44mg (2.19%), Copper: 0.04mg (2.08%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.17mg (1.14%)