



Wheat Berry, Roasted Corn and Spinach Salad

 Vegetarian  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 cups water
- 1 cup wheat berries uncooked
- 0.5 teaspoon salt
- 12 oz corn frozen
- 1 tablespoon vegetable oil
- 0.5 teaspoon salt
- 2 cups baby spinach
- 1 cup cherry tomatoes

- 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
- 0.1 teaspoon ground pepper red (cayenne)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- measuring cup

Directions

- In 2-quart saucepan, heat water, wheat berries and 1/2 teaspoon salt to a rolling boil over high heat. Reduce heat to low; cover and simmer 1 hour 15 minutes to 1 hour 30 minutes or until tender.
- Drain; rinse with cold water to cool.
- Drain well.
- Meanwhile, heat oven to 450°F. In ungreased 15x10x1-inch pan, evenly spread corn.
- Drizzle with 1 tablespoon oil; sprinkle with 1/2 teaspoon salt.
- Bake 15 minutes to roast corn. Set aside.
- In large bowl, stir together wheat berries, corn, spinach, tomatoes and onion.
- In 1-cup measuring cup, mix dressing ingredients with wire whisk until well blended. Stir into salad.
- Let stand 15 minutes before serving to blend flavors.

Nutrition Facts

PROTEIN 10.4% FAT 25.92% CARBS 63.68%

Properties

Glycemic Index:40.88, Glycemic Load:1.99, Inflammation Score:-7, Nutrition Score:9.9478261418965%

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: 250.83kcal (12.54%), Fat: 7.7g (11.85%), Saturated Fat: 1.12g (7%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 35.99g (13.09%), Sugar: 4.3g (4.78%), Cholesterol: 0mg (0%), Sodium: 408.54mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.92%), Vitamin K: 61.57µg (58.63%), Fiber: 6.6g (26.41%), Vitamin A: 1091.61IU (21.83%), Vitamin C: 16.38mg (19.86%), Folate: 48.49µg (12.12%), Manganese: 0.22mg (11.12%), Iron: 1.94mg (10.8%), Potassium: 301.25mg (8.61%), Magnesium: 31.22mg (7.8%), Vitamin B6: 0.15mg (7.67%), Phosphorus: 64.62mg (6.46%), Vitamin E: 0.92mg (6.1%), Vitamin B3: 1.2mg (5.99%), Vitamin B1: 0.08mg (5.59%), Vitamin B2: 0.08mg (4.69%), Copper: 0.09mg (4.5%), Calcium: 37.38mg (3.74%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.23mg (2.28%), Selenium: 0.78µg (1.11%)