



WHATSheATE

Wheat Berry Salad



Vegetarian



Vegan



Dairy Free

READY IN



98 min.

SERVINGS



6

CALORIES



362 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 stalks celery finely chopped
- ☐ 0.5 cup cherries dried chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parsley leaves finely chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 scallion white green chopped
- ☐ 0.8 cup walnuts chopped

☐ 1.5 cups wheat berries hard

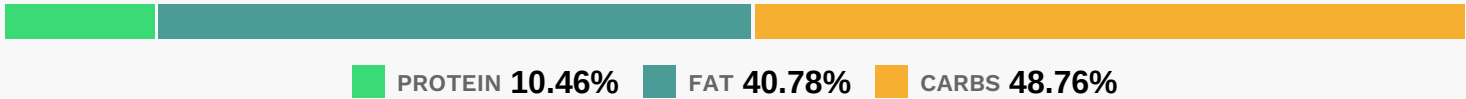
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender.
- ☐ Drain and let cool. Toast the walnuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.
- ☐ In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:11.557826182117%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 361.97kcal (18.1%), Fat: 17.17g (26.42%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 37.13g (13.5%), Sugar: 6.01g (6.67%), Cholesterol: 0mg (0%), Sodium: 15.91mg (0.69%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 9.91g (19.81%), Vitamin K: 94.82µg (90.3%), Fiber: 9.07g (36.26%),
Manganese: 0.54mg (26.88%), Vitamin A: 863.36IU (17.27%), Iron: 2.61mg (14.49%), Copper: 0.25mg (12.42%),
Vitamin C: 9.56mg (11.59%), Vitamin E: 1.2mg (8.02%), Folate: 29.03µg (7.26%), Magnesium: 27.95mg (6.99%),
Calcium: 60.13mg (6.01%), Phosphorus: 58mg (5.8%), Vitamin B6: 0.1mg (4.84%), Potassium: 138.93mg (3.97%),
Vitamin B1: 0.06mg (3.96%), Zinc: 0.53mg (3.56%), Vitamin B2: 0.04mg (2.17%), Vitamin B5: 0.15mg (1.46%),
Vitamin B3: 0.29mg (1.44%), Selenium: 0.8µg (1.14%)