

Wheat Berry Salad

 Vegetarian

READY IN



165 min.

SERVINGS



5

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli chopped
- 1 cup cauliflower chopped
- 1 cup cherry tomatoes cut in half
- 2 oz feta cheese crumbled
- 0.3 teaspoon garlic powder
- 0.5 cup bell pepper green chopped
- 0.3 cup spring onion sliced
- 0.1 teaspoon pepper

- 2 tablespoons red wine vinegar
- 2 tablespoons salad dressing
- 0.5 teaspoon salt
- 0.3 cup vegetable oil
- 3 cups water
- 0.8 cup wheat berries uncooked

Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, soak wheat berries in water 30 minutes.
- Heat berries and water to boiling over high heat. Reduce heat to low; partially cover and simmer 55 to 60 minutes or until wheat berries are tender.
- Drain; rinse with cold water.
- In small bowl, mix dressing ingredients until well blended.
- In large serving bowl, toss wheat berries, salad ingredients and dressing. Cover; refrigerate at least 1 hour before serving.

Nutrition Facts

PROTEIN 9.26% **FAT 55.23%** **CARBS 35.51%**

Properties

Glycemic Index:34, Glycemic Load:0.67, Inflammation Score:-5, Nutrition Score:11.011739152929%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 294.65kcal (14.73%), Fat: 18.68g (28.73%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 21.55g (7.84%), Sugar: 2.51g (2.78%), Cholesterol: 10.09mg (3.36%), Sodium: 441.44mg (19.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Vitamin K: 63.49µg (60.47%), Vitamin C: 45.11mg (54.68%), Fiber: 5.47g (21.9%), Vitamin E: 1.74mg (11.57%), Calcium: 96.11mg (9.61%), Vitamin B6: 0.18mg (9.09%), Iron: 1.63mg (9.07%), Folate: 34.76µg (8.69%), Vitamin B2: 0.14mg (8.43%), Vitamin A: 410.49IU (8.21%), Phosphorus: 73.83mg (7.38%), Manganese: 0.14mg (7.08%), Potassium: 236.83mg (6.77%), Vitamin B1: 0.06mg (4.25%), Copper: 0.08mg (4.12%), Magnesium: 16.17mg (4.04%), Vitamin B5: 0.4mg (4.03%), Zinc: 0.56mg (3.73%), Selenium: 2.59µg (3.7%), Vitamin B12: 0.19µg (3.19%), Vitamin B3: 0.59mg (2.96%)