



Wheat Berry Salad with Olives and Garlic



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cloves garlic minced
- ☐ 1 cup kalamata olives pitted finely chopped
- ☐ 1 teaspoon olive oil or as needed
- ☐ 1 teaspoon salt
- ☐ 3 cups water
- ☐ 1 cup wheat berries

Equipment

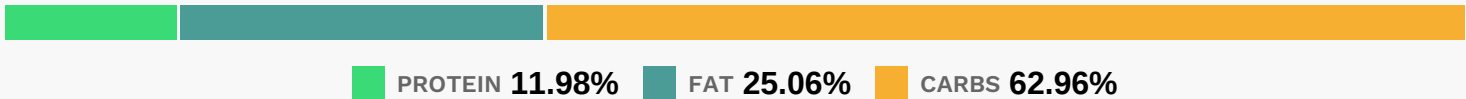
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Bring water to a boil in a saucepan; add wheat berries, lower heat to medium-low, and cook until wheat berries are tender and water is absorbed, 1 to 1 1/2 hours.
- ☐ Heat olive oil in a skillet over medium-low heat; saute garlic until fragrant, 1 to 2 minutes.
- ☐ Add olives; cook and stir for 10 minutes.
- ☐ Add wheat berries to olive mixture. Cook and stir wheat berries-olive mixture until heated through, about 5 minutes. Season with salt.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:3.4352174362411%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 230.03kcal (11.5%), Fat: 6.74g (10.37%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 38.09g (12.7%), Net Carbohydrates: 30.23g (10.99%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 1117.4mg (48.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.5%), Fiber: 7.86g (31.43%), Iron: 1.84mg (10.22%), Vitamin E: 1.43mg (9.55%), Calcium: 52.25mg (5.23%), Copper: 0.08mg (4.03%), Manganese: 0.06mg (3.21%), Vitamin B6: 0.06mg (2.85%), Vitamin A: 132.98IU (2.66%), Magnesium: 6.44mg (1.61%), Vitamin C: 1.17mg (1.42%), Selenium: 0.84µg (1.2%), Vitamin K: 1.14µg (1.08%)