



Wheat Berry Tabbouleh

 Vegetarian  Vegan  Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup celery diced
- 0.7 cup apricots dried chopped
- 0.7 cup mangos dried chopped
- 0.7 cup cilantro leaves fresh chopped
- 0.7 cup golden raisins
- 0.3 cup juice of lime fresh
- 1 tablespoon olive oil
- 12 servings garnish: parsley sprigs fresh

- 1 teaspoon pepper freshly ground
- 1 cup pinenuts toasted
- 1 teaspoon salt
- 0.7 cup cranberries dried sweetened
- 2 medium tomatoes seeded chopped
- 12 cups water
- 3 cups wheat berries hard

Equipment

- dutch oven

Directions

- Soak wheat berries in 12 cups water in a large Dutch oven 24 hours.
- Bring wheat berries and soaking water to a boil over medium-high heat. Reduce heat, cover, and simmer 45 to 50 minutes or until tender.
- Drain wheat berries, and cool.
- Stir together wheat berries, tomatoes, and next 11 ingredients until well blended.
- Serve immediately, or cover and chill up to 2 days.
- Garnish, if desired.
- *3 cups quick-cooking barley may be substituted for wheat berries. Saut barley in 2 Tbsp. hot olive oil in a Dutch oven over medium-high heat 5 to 6 minutes or until barley is lightly browned. Stir in 6 cups water. Bring to a boil over medium-high heat; reduce heat, cover, and simmer 10 to 12 minutes or until tender.
- Remove from heat, and let stand 5 minutes.
- Drain barley, and cool. Stir together barley, tomatoes, and next 7 ingredients. Stir in lime juice and next 3 ingredients just before serving.
- Garnish, if desired.

Nutrition Facts



■ PROTEIN 10.16% ■ FAT 22.49% ■ CARBS 67.35%

Properties

Glycemic Index:21.34, Glycemic Load:5.07, Inflammation Score:-9, Nutrition Score:14.652173881945%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 364.39kcal (18.22%), Fat: 9.66g (14.86%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 55.56g (20.2%), Sugar: 21.56g (23.96%), Cholesterol: 0mg (0%), Sodium: 213.98mg (9.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Vitamin K: 78.89µg (75.14%), Manganese: 1.11mg (55.46%), Vitamin A: 2231.64IU (44.63%), Fiber: 9.5g (38%), Iron: 3.56mg (19.76%), Vitamin C: 12.98mg (15.74%), Copper: 0.27mg (13.49%), Vitamin E: 1.87mg (12.46%), Magnesium: 41.63mg (10.41%), Phosphorus: 89.16mg (8.92%), Potassium: 307.14mg (8.78%), Zinc: 0.9mg (6.02%), Calcium: 57.98mg (5.8%), Vitamin B3: 1.01mg (5.07%), Folate: 16.21µg (4.05%), Vitamin B1: 0.06mg (3.84%), Vitamin B6: 0.08mg (3.8%), Vitamin B2: 0.06mg (3.55%), Vitamin B5: 0.16mg (1.55%)