



Wheatberry Salad

 Vegetarian  Vegan  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 small carrots diced
- 6 servings kosher salt
- 6 tablespoons olive oil good divided
- 0.5 bell pepper diced red
- 1 cup onion diced red finely (1 onion)
- 3 scallions white green minced

1 cup winter wheatberries hard

Equipment

bowl

sauce pan

Directions

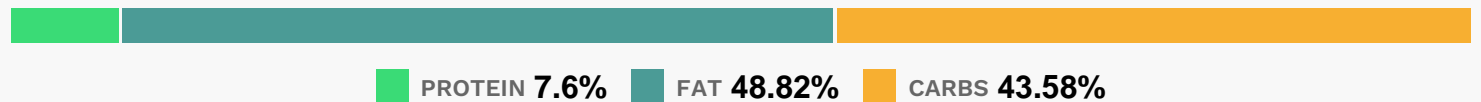
Place the wheatberries and 3 cups of boiling salted water in a saucepan and cook, uncovered, over low heat for approximately 45 minutes, or until they are soft.

Drain.

Saute the red onion in 2 tablespoons of olive oil over medium-low heat until translucent, approximately 5 minutes. Turn off the heat and add the remaining 4 tablespoons (1/4 cup) of olive oil and the balsamic vinegar.

In a large bowl, combine the warm wheatberries, sauteed onions, scallions, red bell pepper, carrot, 1/2 teaspoon salt, and the pepper. Allow the salad to sit for at least 30 minutes for the wheatberries to absorb the sauce. Season, to taste, and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.64, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:6.5960868402668%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 258.56kcal (12.93%), Fat: 14.46g (22.25%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 23.51g (8.55%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 203.5mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin A: 1763.92IU (35.28%), Fiber: 5.54g (22.15%), Vitamin K: 22.81µg (21.73%), Vitamin C: 16.29mg (19.74%), Vitamin E: 2.27mg (15.12%), Iron: 1.41mg (7.85%),

Manganese: 0.1mg (4.79%), Vitamin B6: 0.08mg (3.83%), Folate: 15.08µg (3.77%), Potassium: 111.45mg (3.18%), Calcium: 31.15mg (3.11%), Vitamin B1: 0.03mg (1.77%), Magnesium: 6.99mg (1.75%), Phosphorus: 16.73mg (1.67%), Vitamin B2: 0.03mg (1.5%), Copper: 0.02mg (1.23%), Vitamin B3: 0.24mg (1.22%)