To produce wheat you need ±120 days of sun.

The sun gives ±1000W/m^2.

m^2 produces ±330g of wheat.

1000W\*10h=10kWh

10kWh/d\*120d=1200kWh~=4500MJ

330g\*1369kJ/100g~=4500kJ

The efficiency of wheat is ±1/1000