



Annie's Salad

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup lentils dried
- 14 ounce less-sodium chicken broth fat-free canned
- 0.5 cup parsley fresh chopped
- 2 garlic cloves minced
- 0.5 cup juice of lemon fresh
- 0.3 cup olive oil
- 1 cup pearl barley uncooked
- 0.8 cup onion diced red

- 0.5 teaspoon salt
- 2.8 cups water

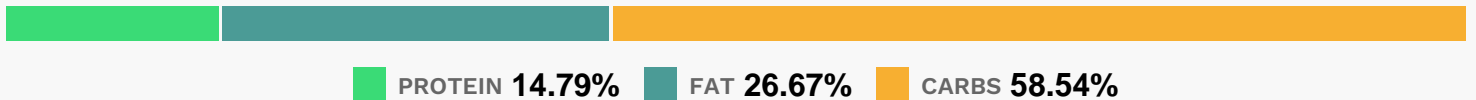
Equipment

- bowl
- sauce pan

Directions

- Combine lentils and broth in a large saucepan over medium-high heat; bring to a boil. Reduce heat, and simmer 10 minutes or just until liquid is absorbed, stirring occasionally. Stir in barley and 2 3/4 cups water; bring to a simmer. Cook 18 minutes or until liquid is absorbed, stirring occasionally.
- Transfer lentil mixture to a large bowl.
- Add onion and next 5 ingredients (through garlic), stirring well to combine. Cool to room temperature. Cover and chill at least 1 hour before serving.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:18.93, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:21.439564984778%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 328.26kcal (16.41%), Fat: 9.95g (15.31%), Saturated Fat: 1.4g (8.73%), Carbohydrates: 49.14g (16.38%), Net Carbohydrates: 33.6g (12.22%), Sugar: 2.43g (2.7%), Cholesterol: 0mg (0%), Sodium: 478.83mg (20.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.42g (24.84%), Vitamin K: 89.85µg (85.57%), Fiber: 15.55g (62.19%), Manganese: 0.93mg (46.35%), Folate: 177.1µg (44.28%), Vitamin B1: 0.37mg (24.54%), Selenium: 16.95µg (24.21%), Phosphorus: 237.12mg (23.71%), Vitamin C: 17.72mg (21.48%), Iron: 3.78mg (20.98%), Magnesium: 73.09mg (18.27%), Copper: 0.36mg (17.88%), Vitamin B6: 0.32mg (15.95%), Zinc: 2.37mg (15.82%), Potassium: 500.76mg (14.31%), Vitamin B3: 2.85mg (14.26%), Vitamin E: 1.53mg (10.22%), Vitamin B5: 0.94mg (9.35%), Vitamin A: 442.72IU (8.85%), Vitamin B2: 0.13mg (7.87%), Calcium: 48.23mg (4.82%), Vitamin B12: 0.13µg (2.2%)