



Ash-e-jow (Iranian/Persian Barley Soup)

 Vegetarian

READY IN



130 min.

SERVINGS



8

CALORIES



259 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots diced
- ☐ 2 quarts chicken stock see
- ☐ 0.5 cup parsley fresh chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 1 juice of lime juiced
- ☐ 8 lime wedges
- ☐ 1 medium onion diced
- ☐ 1 cup pearl barley uncooked

- ☐ 8 servings salt to taste
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup tomato paste
- ☐ 1 teaspoon turmeric
- ☐ 2 tablespoons vegetable oil

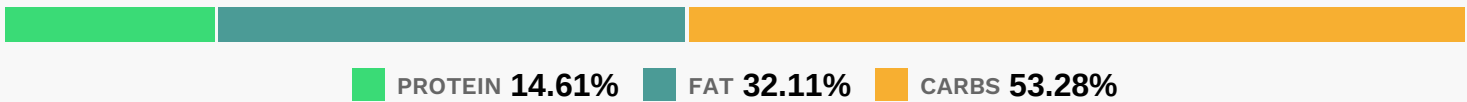
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Heat the chicken stock in a pot to a gentle simmer.
- ☐ Heat the vegetable oil in a large pot over medium heat and saute the onion until translucent.
- ☐ Add the pearl barley to the pot and stir for one minute. Stir in the hot chicken stock, turmeric, lime juice, tomato paste, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer for 1 hour.
- ☐ Mix in the carrots and continue simmering 30 minutes or until the soup has thickened and the carrots and barley are tender. If the soup is too thick, add hot water, one tablespoon at a time.
- ☐ Place the sour cream in a small bowl. Slowly pour 1/2 cup of hot soup mixture into sour cream, whisking constantly. Gradually add the sour cream mixture into the soup pot, whisking constantly. Stir in the fresh parsley.
- ☐ Serve with fresh lime wedges.

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:1.84, Inflammation Score:-10, Nutrition Score:16.785217585771%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 259.29kcal (12.96%), Fat: 9.5g (14.62%), Saturated Fat: 2.83g (17.68%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 29.84g (10.85%), Sugar: 7.18g (7.97%), Cholesterol: 15.58mg (5.19%), Sodium: 617.74mg (26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.45%), Vitamin K: 72.42µg (68.97%), Vitamin A: 3227.57IU (64.55%), Vitamin B3: 5.43mg (27.16%), Fiber: 5.64g (22.55%), Selenium: 15.78µg (22.54%), Manganese: 0.44mg (21.92%), Vitamin C: 15.77mg (19.12%), Vitamin B2: 0.29mg (16.93%), Potassium: 541.89mg (15.48%), Phosphorus: 153.21mg (15.32%), Copper: 0.3mg (14.95%), Vitamin B6: 0.29mg (14.44%), Vitamin B1: 0.17mg (11.02%), Iron: 1.91mg (10.62%), Magnesium: 41.3mg (10.32%), Folate: 32.71µg (8.18%), Zinc: 1.1mg (7.33%), Vitamin E: 0.95mg (6.36%), Calcium: 52.92mg (5.29%), Vitamin B5: 0.25mg (2.51%)