



Baked Barley with Shiitake Mushrooms and Caramelized Onions

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter
- 9 ounces mushrooms sliced
- 0.1 teaspoon thyme dried
- 1 tablespoon soy sauce low-sodium
- 4.5 cups onion chopped (3 medium)
- 1.5 cups quick-cooking barley uncooked

- 0.3 teaspoon salt
- 8 ounces mushroom caps sliced
- 1 teaspoon sugar
- 4 cups vegetable stock

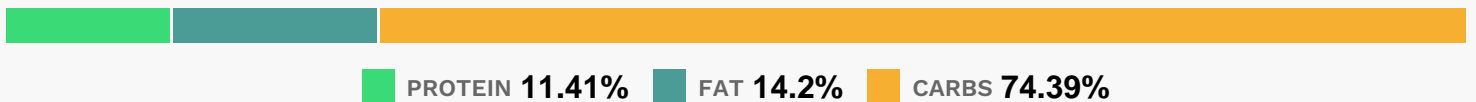
Equipment

- sauce pan
- oven
- dutch oven

Directions

- Melt butter in a Dutch oven over medium heat.
- Add onion and sugar; cover and cook 25 minutes or until golden brown, stirring frequently.
- Add mushrooms; cook 10 minutes or until browned, stirring frequently.
- Add barley; cook 2 minutes, stirring frequently.
- Remove from heat. Stir in soy sauce, salt, pepper, and thyme.
- Preheat oven to 350
- Bring broth to a boil in a medium saucepan.
- Pour broth over barley mixture; cover and bake at 350 for 1 hour or until barley is tender.
- Let stand 10 minutes.
- Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:48.02, Glycemic Load:4.68, Inflammation Score:0, Nutrition Score:16.146956491729%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg, Quercetin: 24.36mg

Nutrients (% of daily need)

Calories: 291.85kcal (14.59%), Fat: 4.83g (7.43%), Saturated Fat: 2.6g (16.22%), Carbohydrates: 56.91g (18.97%), Net Carbohydrates: 45.65g (16.6%), Sugar: 9.24g (10.27%), Cholesterol: 10.03mg (3.34%), Sodium: 864.43mg (37.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.45%), Manganese: 0.95mg (47.33%), Fiber: 11.26g (45.03%), Selenium: 25.63µg (36.61%), Vitamin B3: 5.48mg (27.38%), Phosphorus: 229.93mg (22.99%), Copper: 0.45mg (22.42%), Vitamin B6: 0.43mg (21.69%), Vitamin B2: 0.35mg (20.63%), Potassium: 577.15mg (16.49%), Magnesium: 65.01mg (16.25%), Vitamin B5: 1.51mg (15.07%), Vitamin B1: 0.19mg (12.82%), Zinc: 1.91mg (12.72%), Folate: 47.83µg (11.96%), Vitamin C: 9.78mg (11.86%), Iron: 1.94mg (10.79%), Vitamin A: 464.97IU (9.3%), Calcium: 46.88mg (4.69%), Vitamin K: 2.4µg (2.29%), Vitamin D: 0.24µg (1.57%), Vitamin E: 0.16mg (1.07%)