



Barley and Asparagus

READY IN



45 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 3.5 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup carrots chopped
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 8 oz asparagus cut into 1-inch pieces (8 to 10 stalks)
- ☐ 2 tablespoons parmesan shredded
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.1 teaspoon pepper

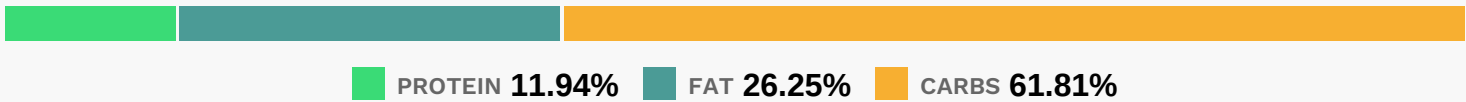
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat broth over medium heat until hot.
- ☐ In 12-inch skillet, heat oil over medium heat. Cook onion and carrot in oil 1 to 2 minutes, stirring occasionally, until crisp-tender. Stir in barley. Cook and stir 1 minute.
- ☐ Pour 1 cup of the hot broth over barley mixture. Cook uncovered about 5 minutes, stirring occasionally, until liquid is absorbed. Stir in asparagus. Continue cooking 15 to 20 minutes, adding broth 1 cup at a time and stirring frequently, until barley is tender and liquid is absorbed; remove from heat. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:8.8000000601877%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg, Isorhamnetin: 2.12mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 142.16kcal (7.11%), Fat: 4.29g (6.6%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 22.74g (7.58%), Net Carbohydrates: 17.85g (6.49%), Sugar: 1.99g (2.21%), Cholesterol: 2.91mg (0.97%), Sodium: 410.2mg (17.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin A: 1568.74IU (31.37%), Manganese: 0.45mg (22.57%), Fiber: 4.9g (19.59%), Vitamin K: 19.78µg (18.84%), Selenium: 10.83µg (15.47%), Copper: 0.18mg (9.12%), Phosphorus: 88.54mg (8.85%), Vitamin B3: 1.75mg (8.74%), Vitamin B2: 0.14mg (8.28%), Vitamin B1: 0.12mg (8.02%), Iron: 1.37mg (7.58%), Magnesium: 27.32mg (6.83%), Folate: 24.01µg (6%), Vitamin B6: 0.12mg (5.76%), Zinc: 0.83mg (5.52%), Potassium: 187.59mg (5.36%), Vitamin E: 0.7mg (4.68%), Calcium: 38.11mg (3.81%), Vitamin C: 2.8mg (3.4%), Vitamin B5: 0.2mg (1.98%)