



## Barley and Black Bean Salad

 Vegetarian

READY IN



21 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

### Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 pint cherry tomatoes halved
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 2 ounces monterrey jack cheese with jalapeño peppers, cut into 1/4-inch cubes
- ☐ 2 tablespoons olive oil
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 1 teaspoon salt

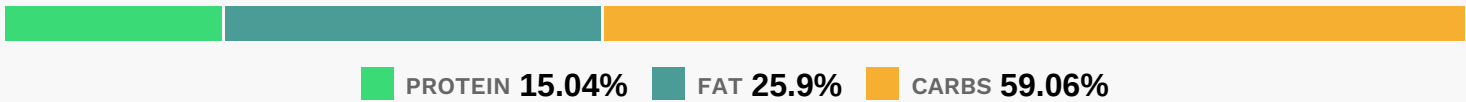
# Equipment

- ☐ bowl
- ☐ colander

# Directions

- ☐ Cook barley according to package directions, omitting salt.
- ☐ Drain barley in a colander, and rinse with cold water until completely cooled.
- ☐ Combine black beans, next 6 ingredients, and, if desired, cilantro and red pepper in a medium bowl.
- ☐ Add barley to black bean mixture; toss gently.

# Nutrition Facts



# Properties

Glycemic Index:9.25, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:22.576521575451%

# Flavonoids

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

# Nutrients (% of daily need)

Calories: 416.99kcal (20.85%), Fat: 12.39g (19.07%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 63.57g (21.19%), Net Carbohydrates: 47.23g (17.17%), Sugar: 4.38g (4.86%), Cholesterol: 12.62mg (4.21%), Sodium: 1093.07mg (47.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Fiber: 16.34g (65.36%), Vitamin C: 52.68mg (63.86%), Manganese: 1.06mg (53.06%), Selenium: 22.9µg (32.72%), Phosphorus: 326.73mg (32.67%), Copper: 0.52mg (26.17%), Folate: 100.21µg (25.05%), Iron: 4.3mg (23.89%), Magnesium: 94.28mg (23.57%), Potassium: 790.53mg (22.59%), Vitamin B1: 0.3mg (20.3%), Vitamin B3: 3.71mg (18.56%), Calcium: 173.98mg (17.4%), Vitamin B6: 0.34mg (17.21%), Vitamin B2: 0.27mg (16.13%), Vitamin A: 772.85IU (15.46%), Zinc: 2.27mg (15.11%), Vitamin E: 1.82mg (12.11%), Vitamin K: 10.36µg (9.87%), Vitamin B5: 0.56mg (5.64%), Vitamin B12: 0.12µg

(1.96%)