



Barley and Brussels Sprouts

READY IN



36 min.

SERVINGS



10

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 cups brussels sprouts shredded
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces parmesan cheese shredded
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon salt

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4 teaspoons walnuts toasted chopped

Equipment

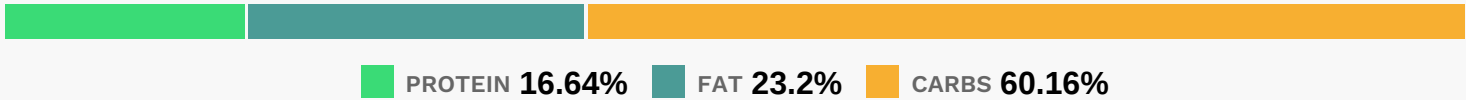
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frying pan

Directions

- ☐ Cook barley according to package directions, substituting broth for water. Set aside; keep war
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and garlic; cook 3 minutes or until tender, stirring frequently.
- ☐ Add Brussels sprouts, salt, and pepper.
- ☐ Stir in reserved barley, Parmesan cheese, and walnuts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:0.57, Inflammation Score:-4, Nutrition Score:7.956521778003%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 118.47kcal (5.92%), Fat: 3.16g (4.86%), Saturated Fat: 1.15g (7.21%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 14.44g (5.25%), Sugar: 1.03g (1.14%), Cholesterol: 3.86mg (1.29%), Sodium: 341.31mg (14.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin K: 32.27µg (30.74%), Vitamin C: 15.75mg (19.09%), Manganese: 0.38mg (19.04%), Fiber: 4g (15.99%), Selenium: 10.26µg (14.66%), Phosphorus: 106.73mg (10.67%), Calcium: 86mg (8.6%), Vitamin B3: 1.34mg (6.72%), Magnesium: 25.06mg (6.26%), Copper: 0.12mg (6.24%), Vitamin B6: 0.12mg (6.17%), Iron: 0.91mg (5.08%), Vitamin B1: 0.08mg (5.05%), Zinc: 0.71mg (4.74%), Folate: 18.51µg (4.63%), Potassium: 161.27mg (4.61%), Vitamin B2: 0.07mg (4.18%), Vitamin A: 181.9IU (3.64%),

Vitamin B12: 0.16µg (2.65%), Vitamin B5: 0.21mg (2.09%), Vitamin E: 0.29mg (1.96%)