



## Barley and Corn Salad with Basil Chive Dressing



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

### Ingredients

- ☐ 3 belgian endives trimmed sliced ( 1 lb total)
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups regular corn (from 4 ears)
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 tablespoons chives fresh chopped
- ☐ 0.3 cup olive oil
- ☐ 1 cup quick-cooking barley

- ☐ 1.5 tablespoons red-wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 2 cups water

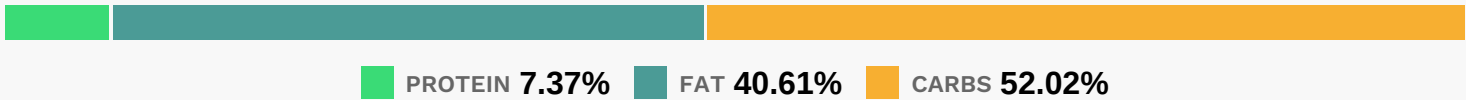
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

## Directions

- ☐ Bring 2 cups water with 1/4 teaspoon salt to a boil in a 1 1/2-quart saucepan. Stir in barley, then reduce heat and simmer, covered, until barley is tender, about 10 minutes.
- ☐ While barley simmers, blanch corn in a 1 1/2- to 2 1/2-quart saucepan of boiling water 1 minute, then drain in a large sieve and rinse under cold running water to stop cooking.
- ☐ Drain again and pat dry, then transfer to a large bowl.
- ☐ Remove barley from heat (when tender) and let stand, covered, 5 minutes.
- ☐ While barley stands, pulse oil, basil, chives, vinegar, sugar, pepper, remaining tablespoon water, and remaining 1/2 teaspoon salt in a blender until herbs are finely chopped.
- ☐ Drain barley well in large sieve and add to corn in bowl, then add endives and dressing, tossing to combine.

## Nutrition Facts



## Properties

Glycemic Index:68.15, Glycemic Load:8.16, Inflammation Score:-6, Nutrition Score:14.489130382952%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 419.28kcal (20.96%), Fat: 19.81g (30.48%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 46.1g (16.76%), Sugar: 4.19g (4.66%), Cholesterol: 0mg (0%), Sodium: 448.99mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.09g (16.18%), Manganese: 0.88mg (44.02%), Fiber: 11g (44%), Selenium: 19.12µg (27.31%), Vitamin K: 25.54µg (24.32%), Vitamin B3: 3.7mg (18.48%), Phosphorus: 183.2mg (18.32%), Vitamin E: 2.69mg (17.96%), Magnesium: 67.35mg (16.84%), Copper: 0.3mg (15.04%), Vitamin B6: 0.26mg (13.01%), Vitamin B1: 0.19mg (12.96%), Folate: 47.66µg (11.92%), Potassium: 408.42mg (11.67%), Zinc: 1.65mg (11.01%), Iron: 1.93mg (10.74%), Vitamin A: 429.16IU (8.58%), Vitamin C: 7.04mg (8.54%), Vitamin B5: 0.82mg (8.22%), Vitamin B2: 0.12mg (6.82%), Calcium: 34.87mg (3.49%)