



Barley-and-Mushroom Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce pre mushrooms
- ☐ 1 ounce onion soup mix (such as Lipton Recipe Secrets)
- ☐ 1 cup pearl barley uncooked
- ☐ 3.5 ounce mushroom caps sliced
- ☐ 4 cups water

Equipment

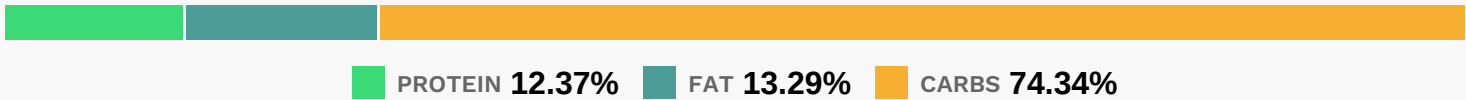
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat margarine in a medium nonstick skillet over medium-high heat.
- ☐ Add mushrooms; saut 5 minutes or until tender. Set aside.
- ☐ Combine barley, onion soup mix, and water in a 3-quart casserole, and stir in mushroom mixture. Cover and bake at 350 for 1 hour and 15 minutes or until liquid is almost absorbed.
- ☐ Garnish casserole with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:9.0904347287572%

Nutrients (% of daily need)

Calories: 161.89kcal (8.09%), Fat: 2.49g (3.83%), Saturated Fat: 0.49g (3.09%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 25.05g (9.11%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 415.73mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Manganese: 0.53mg (26.39%), Fiber: 6.3g (25.21%), Selenium: 17.26µg (24.66%), Vitamin B3: 3.61mg (18.05%), Copper: 0.33mg (16.28%), Vitamin B2: 0.24mg (14.1%), Phosphorus: 135.2mg (13.52%), Vitamin B6: 0.2mg (10.11%), Vitamin B5: 0.95mg (9.5%), Magnesium: 37.52mg (9.38%), Potassium: 298.86mg (8.54%), Zinc: 1.15mg (7.64%), Vitamin B1: 0.11mg (7.35%), Iron: 1.15mg (6.38%), Folate: 16.27µg (4.07%), Calcium: 23.32mg (2.33%), Vitamin A: 91.51IU (1.83%), Vitamin C: 0.96mg (1.16%)