



Barley and Mushrooms with Beans



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup barley uncooked
- ☐ 15.5 ounce beans white drained canned
- ☐ 0.5 cup celery chopped
- ☐ 3 cups mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 3 cups vegetable broth

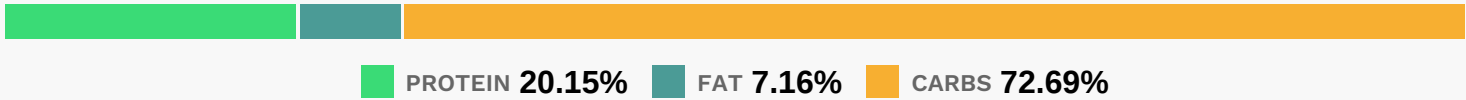
Equipment

☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic.
- ☐ Saute until tender.
- ☐ Mix barley and vegetable broth into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender.
- ☐ Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:8.53, Inflammation Score:-6, Nutrition Score:12.671304451383%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 173.43kcal (8.67%), Fat: 1.44g (2.22%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 32.93g (10.98%), Net Carbohydrates: 25.68g (9.34%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 485.89mg (21.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.13g (18.26%), Manganese: 0.76mg (37.87%), Fiber: 7.26g (29.03%), Copper: 0.42mg (20.76%), Potassium: 619.27mg (17.69%), Iron: 3.08mg (17.09%), Selenium: 11.73µg (16.75%), Folate: 66.8µg (16.7%), Magnesium: 65.91mg (16.48%), Vitamin B2: 0.28mg (16.29%), Phosphorus: 159.69mg (15.97%), Vitamin B1: 0.22mg (14.95%), Vitamin B3: 2.59mg (12.93%), Zinc: 1.56mg (10.42%), Vitamin B6: 0.2mg (10.21%), Vitamin B5: 0.96mg (9.57%), Calcium: 71.28mg (7.13%), Vitamin A: 292.06IU (5.84%), Vitamin E: 0.8mg (5.3%), Vitamin K: 5.45µg (5.19%), Vitamin C: 3.55mg (4.31%)