



Barley and Pine Nut Casserole

 Dairy Free

READY IN



375 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup quick-cooking barley hulled uncooked
- ☐ 1.5 cups vegetable juice
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup celery stalks sliced
- ☐ 1 cup bell pepper chopped
- ☐ 0.5 cup onion chopped
- ☐ 14 oz chicken broth canned

- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup pinenuts toasted

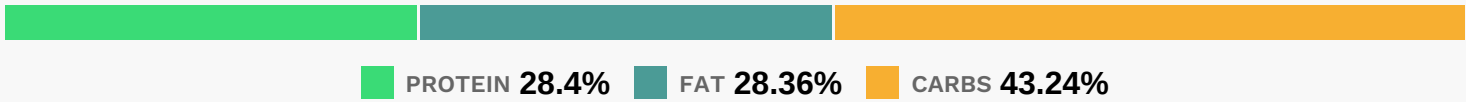
Equipment

- ☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix all ingredients except green onions and nuts.
- ☐ Cover; cook on Low heat setting 6 to 8 hours.
- ☐ Stir in green onions and nuts.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:17.82608685027%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 305.96kcal (15.3%), Fat: 9.72g (14.95%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 26.29g (9.56%), Sugar: 4.39g (4.88%), Cholesterol: 33.07mg (11.02%), Sodium: 636.08mg (27.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Vitamin C: 52.03mg (63.07%), Manganese: 1.02mg (50.8%), Selenium: 24.97µg (35.67%), Vitamin A: 1519.34IU (30.39%), Fiber: 7.04g (28.16%), Phosphorus: 223.25mg (22.33%), Vitamin K: 20.25µg (19.29%), Zinc: 2.85mg (19.01%), Vitamin B3: 3.7mg (18.52%), Vitamin B6: 0.32mg (16.06%), Magnesium: 60.17mg (15.04%), Potassium: 473.17mg (13.52%), Iron: 2.43mg (13.48%), Copper: 0.27mg (13.37%), Vitamin B12: 0.66µg (11.02%), Vitamin B2: 0.15mg (9.1%), Folate: 33.6µg (8.4%), Vitamin E: 1.21mg (8.05%), Vitamin B1: 0.11mg (7.31%), Calcium: 44.53mg (4.45%), Vitamin B5: 0.25mg (2.52%)