



Barley and Vegetable Chopped Salad

 Vegetarian

READY IN



32 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 ounces cheese blue crumbled
- 0.3 cup capers
- 2 tablespoons cider vinegar
- 1.5 tablespoons basil dried
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 0.5 cup green onions finely chopped
- 2 cups mushrooms chopped

- 1 tablespoon olive oil
- 4.3 ounce olives ripe drained chopped canned
- 0.7 cup quick-cooking barley uncooked
- 0.3 teaspoon salt
- 1 cup tomatoes seeded chopped (1 large)
- 1.5 cups water

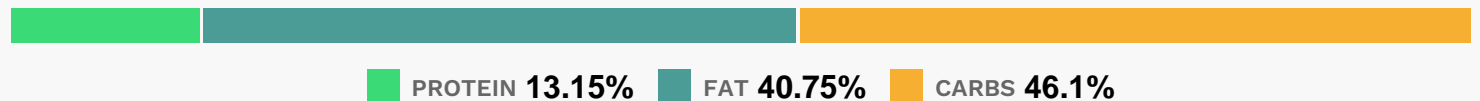
Equipment

- bowl
- sauce pan
- colander

Directions

- Bring water to a boil in a small saucepan; stir in barley. Cover, reduce heat, and simmer 12 minutes or until tender.
- Remove from heat and let stand, covered, 5 minutes.
- Place barley in a colander and run under cold water until completely cooled.
- Drain well.
- Combine mushrooms and next 10 ingredients in a large bowl.
- Add barley and blue cheese to mushroom mixture; toss gently.
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:0.76, Inflammation Score:-7, Nutrition Score:13.746521752814%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 9.75mg, Kaempferol: 9.75mg, Kaempferol: 9.75mg, Kaempferol: 9.75mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg

Nutrients (% of daily need)

Calories: 182.2kcal (9.11%), Fat: 8.68g (13.35%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 16.42g (5.97%), Sugar: 1.91g (2.12%), Cholesterol: 7.09mg (2.36%), Sodium: 732.41mg (31.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.6%), Vitamin K: 81.56µg (77.68%), Manganese: 0.48mg (24%), Fiber: 5.67g (22.67%), Selenium: 13.15µg (18.79%), Copper: 0.31mg (15.4%), Vitamin A: 674IU (13.48%), Vitamin B2: 0.23mg (13.41%), Vitamin B3: 2.65mg (13.23%), Phosphorus: 129.13mg (12.91%), Iron: 2.24mg (12.45%), Vitamin C: 9.44mg (11.45%), Calcium: 108.1mg (10.81%), Magnesium: 40.95mg (10.24%), Vitamin E: 1.5mg (10.02%), Potassium: 327.23mg (9.35%), Vitamin B6: 0.16mg (8.07%), Folate: 32.21µg (8.05%), Vitamin B5: 0.76mg (7.61%), Zinc: 1.11mg (7.39%), Vitamin B1: 0.09mg (6.29%), Vitamin B12: 0.13µg (2.13%)