



# Barley Bake

 Vegetarian

READY IN



110 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

## Ingredients

- 0.3 cup butter
- 0.5 cup mushrooms fresh sliced
- 0.5 cup parsley fresh chopped
- 2 spring onion thinly sliced
- 1 medium onion diced
- 1 cup quick-cooking barley uncooked
- 0.1 teaspoon pepper
- 0.5 cup pinenuts

- 0.3 teaspoon salt
- 29 ounce vegetable stock canned

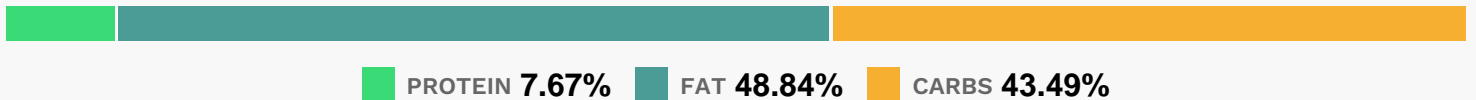
## Equipment

- frying pan
- oven
- casserole dish

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt butter in a skillet over medium-high heat. Stir in onion, barley, and pine nuts. Cook and stir until barley is lightly browned.
- Mix in green onions, mushrooms, and parsley. Season with salt and pepper.
- Transfer the mixture to a 2 quart casserole dish, and stir in the vegetable broth.
- Bake 1 hour and 15 minutes in the preheated oven, or until liquid has been absorbed and barley is tender.

## Nutrition Facts



## Properties

Glycemic Index:41.67, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:16.283043692293%

## Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

## Nutrients (% of daily need)

Calories: 279.99kcal (14%), Fat: 15.85g (24.38%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 25.46g (9.26%), Sugar: 2.91g (3.24%), Cholesterol: 20.34mg (6.78%), Sodium: 713.61mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin K: 97.88µg (93.22%), Manganese:

1.48mg (73.91%), Fiber: 6.29g (25.15%), Vitamin A: 1000.49IU (20.01%), Selenium: 13.61µg (19.44%), Copper: 0.33mg (16.62%), Phosphorus: 157.27mg (15.73%), Magnesium: 60.69mg (15.17%), Vitamin B3: 2.43mg (12.15%), Vitamin C: 9.02mg (10.93%), Iron: 1.91mg (10.61%), Zinc: 1.59mg (10.58%), Vitamin E: 1.34mg (8.93%), Vitamin B1: 0.13mg (8.44%), Potassium: 254.29mg (7.27%), Vitamin B6: 0.13mg (6.75%), Folate: 26.79µg (6.7%), Vitamin B2: 0.11mg (6.59%), Vitamin B5: 0.31mg (3.06%), Calcium: 28.22mg (2.82%)