

Barley Broccoli Soup

READY IN



70 min.

SERVINGS



8

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups water
- 3 beef bouillon cubes
- 0.5 cup quick-cooking barley
- 2 cups asparagus fresh cooked drained chopped
- 4 cups milk
- 5 slices processed cheese food
- 0.3 teaspoon nutmeg
- 0.3 teaspoon pepper
- 4 bacon crumbled cooked

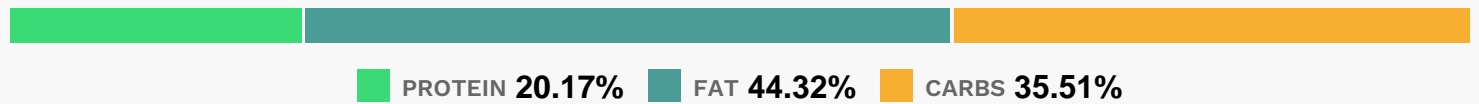
Equipment

- sauce pan

Directions

- In a saucepan, bring water, bouillon and barley to a boil. Reduce heat; cover and simmer for 50-60 minutes or until barley is tender and nearly all liquid is absorbed. Stir often but do not drain.
- Add broccoli or asparagus. Stir in milk, cheese, nutmeg and pepper.
- Add bacon if desired.
- Heat through, stirring often, until soup is hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:2.51, Inflammation Score:-5, Nutrition Score:10.990434770999%

Flavonoids

Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 194.35kcal (9.72%), Fat: 9.75g (15%), Saturated Fat: 5.21g (32.56%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 14.9g (5.42%), Sugar: 7.13g (7.92%), Cholesterol: 31.78mg (10.6%), Sodium: 699.13mg (30.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Calcium: 303.27mg (30.33%), Phosphorus: 271.52mg (27.15%), Selenium: 12.9µg (18.43%), Vitamin B2: 0.27mg (16.09%), Vitamin B12: 0.91µg (15.24%), Vitamin K: 15.02µg (14.31%), Manganese: 0.24mg (12.24%), Vitamin A: 579.58IU (11.59%), Vitamin B1: 0.17mg (11.18%), Fiber: 2.68g (10.73%), Vitamin D: 1.44µg (9.58%), Potassium: 330.05mg (9.43%), Zinc: 1.41mg (9.4%), Magnesium: 35.72mg (8.93%), Vitamin B6: 0.17mg (8.46%), Vitamin B3: 1.51mg (7.56%), Copper: 0.14mg (7.15%), Vitamin B5: 0.69mg (6.85%), Iron: 1.19mg (6.62%), Folate: 21.88µg (5.47%), Vitamin E: 0.56mg (3.76%), Vitamin C: 1.88mg (2.28%)