



Barley, chicken & mushroom risotto

READY IN



60 min.

SERVINGS



4

CALORIES



706 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp butter
- ☐ 400 g crimini mushrooms wild mixed chopped
- ☐ 3 chicken breast skinless cut into chunky pieces
- ☐ 1l chicken stock see hot
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp olive oil
- ☐ 3 tbsp parmesan grated
- ☐ 300 g quick-cooking barley
- ☐ 2 large shallots finely sliced

- ☐ 1 tbsp thyme leaves
- ☐ 250 ml wine

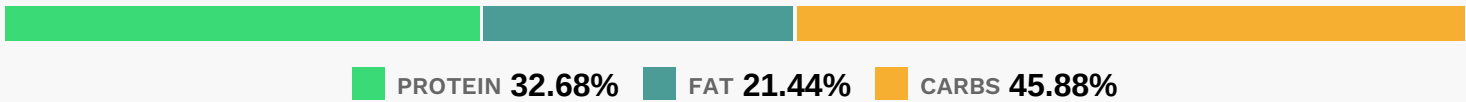
Equipment

- ☐ sauce pan

Directions

- ☐ In a large heavy saucepan, heatthe butter and oil. Sauté the shallotsand garlic with some seasoning for5 mins, then stir in the chicken andcook for 2 mins.
- ☐ Add the barley and cook for 1 min.
- ☐ Pour in the wine and stir until it isabsorbed.
- ☐ Add the mushrooms andthyme, then pour over ¾ of the stock.Cook for 40 mins on a low simmer untilthe barley is tender, stirring occasionallyand topping up with remaining stock ifit looks dry.
- ☐ Remove from the heat andstir in the grated Parmesan.
- ☐ Serveimmediately, with chives and Parmesanshavings scattered over, if you like.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:37.561739377354%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 705.5kcal (35.27%), Fat: 15.8g (24.3%), Saturated Fat: 4.91g (30.66%), Carbohydrates: 76.09g (25.36%), Net Carbohydrates: 63.13g (22.96%), Sugar: 7.96g (8.84%), Cholesterol: 126.27mg (42.09%), Sodium: 659.95mg (28.69%), Alcohol: 6.53g (100%), Alcohol %: 1.2% (100%), Protein: 54.18g (108.36%), Selenium: 115.29µg (164.7%), Vitamin B3: 29.08mg (145.41%), Vitamin B6: 1.82mg (91.15%), Phosphorus: 758.97mg (75.9%), Manganese: 1.31mg (65.65%), Vitamin B2: 1mg (58.55%), Fiber: 12.96g (51.84%), Copper: 1.02mg (51.22%), Potassium: 1656.2mg (47.32%), Vitamin B5: 4.22mg (42.24%), Magnesium: 136.14mg (34.03%), Vitamin B1: 0.45mg (30.01%), Zinc: 4.31mg (28.72%), Iron: 4.13mg (22.92%), Folate: 67.77µg (16.94%), Calcium: 119.9mg (11.99%), Vitamin B12: 0.49µg (8.17%), Vitamin C: 6.58mg (7.97%), Vitamin E: 1.02mg (6.82%), Vitamin A: 276.67IU (5.53%), Vitamin K: 5.28µg (5.03%), Vitamin D: 0.29µg (1.92%)