



Barley, Lentil and Mushroom Soup

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



167 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups button mushrooms sliced
- ☐ 2 carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 1 teaspoon parsley dried
- ☐ 0.3 cup porcini mushrooms dried rinsed
- ☐ 0.3 teaspoon thyme leaves dried

- ☐ 2 quarts beef broth low-sodium
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion chopped
- ☐ 0.8 cup pearl barley

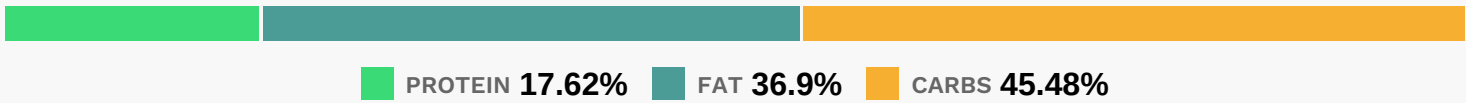
Equipment

- ☐ pot

Directions

- ☐ Heat the olive oil in a large pot over medium heat.
- ☐ Add the onion; cook and stir until onions are limp, but not brown, about 5 minutes.
- ☐ Mix in the celery and carrot; cook for another 5 minutes. Stir in the barley and lentils so they are coated with oil, continue to cook and stir until lightly toasted.
- ☐ Pour in the beef broth and season with thyme, parsley, pepper and the bay leaf. Bring to a boil.
- ☐ Add the porcini mushrooms, cover and simmer for 25 minutes over low heat.
- ☐ Add the button mushroom, cover and continue cooking for another 30 minutes, stirring occasionally.
- ☐ Mix in sherry during the last 5 minutes. Taste and adjust seasoning if needed before serving.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:1.14, Inflammation Score:-9, Nutrition Score:10.844347834587%

Flavonoids

Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 167.24kcal (8.36%), Fat: 7.21g (11.09%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 15.67g (5.7%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 453.27mg (19.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.75g (15.49%), Vitamin A: 2577.06IU (51.54%), Potassium: 779.64mg (22.28%), Selenium: 12.18µg (17.4%), Fiber: 4.31g (17.26%), Manganese: 0.34mg (17.08%), Copper: 0.31mg (15.34%), Vitamin B3: 2.95mg (14.73%), Vitamin B2: 0.25mg (14.42%), Vitamin B5: 1.1mg (10.99%), Phosphorus: 96.9mg (9.69%), Vitamin K: 8.82µg (8.4%), Vitamin B6: 0.15mg (7.59%), Vitamin E: 1.1mg (7.34%), Vitamin B1: 0.1mg (6.39%), Magnesium: 24.67mg (6.17%), Folate: 21.83µg (5.46%), Zinc: 0.81mg (5.39%), Iron: 0.9mg (5.02%), Vitamin C: 3.16mg (3.83%), Calcium: 18.38mg (1.84%)