



Barley Lime Fiesta Salad



Vegetarian



Vegan



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 tablespoon canola oil to taste
- ☐ 1 large carrots chopped
- ☐ 1 stalk celery chopped
- ☐ 0.8 chipotle pepper in adobo sauce finely chopped to taste
- ☐ 2 tablespoons plus light to taste
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 bell pepper green chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lemon to taste
- ☐ 1 tablespoon juice of lime to taste
- ☐ 8 servings onion powder to taste
- ☐ 1 cup pearl barley
- ☐ 0.5 bell pepper red chopped
- ☐ 1 small onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1 teaspoon distilled vinegar white to taste
- ☐ 8.8 ounce kernel corn whole drained canned

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring the barley and water to a boil in a saucepan over high heat. Cover, reduce heat to low, and simmer until the barley is tender, about 30 minutes.
- ☐ Remove from heat, and chill in refrigerator.
- ☐ In a large salad bowl, combine the cooked barley, black beans, green and red bell pepper, corn, celery, red onion, carrot, chipotle pepper, 1 tablespoon of canola oil, salt, black pepper, and cumin until thoroughly mixed.
- ☐ In a separate bowl, whisk together the water, corn syrup, 1 tablespoon of canola oil, lime juice, lemon juice, cilantro, white vinegar, and onion powder; pour dressing over barley mixture, and toss to combine. Refrigerate salad until cold.

Nutrition Facts



Properties

Glycemic Index:35.73, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:12.017391298128%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 209.9kcal (10.5%), Fat: 2.78g (4.27%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 32.27g (11.73%), Sugar: 6.24g (6.93%), Cholesterol: 0mg (0%), Sodium: 418.59mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Vitamin A: 1831.41IU (36.63%), Fiber: 8.78g (35.12%), Manganese: 0.56mg (28.07%), Vitamin C: 20.83mg (25.25%), Selenium: 10.43µg (14.9%), Folate: 59µg (14.75%), Phosphorus: 141.85mg (14.18%), Copper: 0.25mg (12.3%), Magnesium: 48.74mg (12.18%), Iron: 2.01mg (11.15%), Potassium: 380.84mg (10.88%), Vitamin B1: 0.16mg (10.56%), Vitamin B3: 1.97mg (9.86%), Vitamin B6: 0.18mg (8.78%), Zinc: 1.06mg (7.1%), Vitamin B2: 0.12mg (7.05%), Vitamin K: 7.23µg (6.89%), Calcium: 43.2mg (4.32%), Vitamin E: 0.56mg (3.73%), Vitamin B5: 0.27mg (2.7%)