



Barley-Mushroom Pilaf



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 ounce porcini mushrooms dried chopped
- ☐ 0.5 teaspoon rosemary dried
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup plum brandy dry
- ☐ 8 ounce pre mushrooms
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 1.5 cups quick-cooking barley uncooked

- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons sherry vinegar
- ☐ 8 ounces shiitake mushroom caps quartered

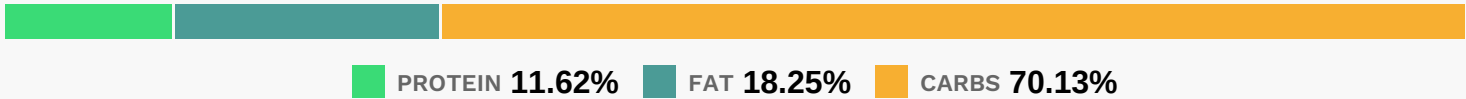
Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine broth and porcini in a large saucepan. Bring to a boil; stir in barley. Cover, reduce heat, and simmer 12 minutes or until tender.
- ☐ While barley cooks, heat oil in a Dutch oven over medium-high heat.
- ☐ Add shiitake, onion, salt, rosemary, and presliced mushrooms; saut 5 minutes. Stir in Marsala; cook 1 minute. Stir in barley mixture and vinegar; cook 2 minutes or until thoroughly heated, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:2.84, Inflammation Score:-7, Nutrition Score:23.374782650367%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg, Quercetin: 16.53mg

Nutrients (% of daily need)

Calories: 427.95kcal (21.4%), Fat: 8.74g (13.44%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 60.23g (21.9%), Sugar: 7.94g (8.82%), Cholesterol: 0mg (0%), Sodium: 1152.24mg (50.1%), Alcohol: 2.3g (100%), Alcohol %: 0.62% (100%), Protein: 12.51g (25.02%), Manganese: 1.32mg (65.93%), Fiber: 15.32g (61.29%), Selenium: 42.09µg (60.13%), Vitamin B3: 9.11mg (45.53%), Copper: 0.77mg (38.44%), Phosphorus: 328.45mg (32.84%), Vitamin B2: 0.53mg (30.98%), Vitamin B6: 0.56mg (28.15%), Vitamin B5: 2.74mg (27.35%), Magnesium: 90mg (22.5%), Potassium: 781.84mg (22.34%), Zinc: 2.84mg (18.93%), Vitamin B1: 0.26mg (17.08%), Iron: 2.93mg (16.29%), Folate: 55.05µg (13.76%), Vitamin C: 7.21mg (8.74%), Vitamin E: 1.04mg (6.96%), Vitamin B12: 0.36µg (6.05%), Vitamin K: 6.18µg (5.89%), Calcium: 51.9mg (5.19%), Vitamin D: 0.43µg (2.88%)