



Barley-Mushroom Pilaf

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 10.5 ounce mushroom caps fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 3 ounces parmesan cheese fresh dry grated
- ☐ 1 cup pearl barley uncooked
- ☐ 1.5 cups bell pepper red chopped

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped
- ☐ 4 cups water
- ☐ 0.8 cup bell pepper yellow chopped

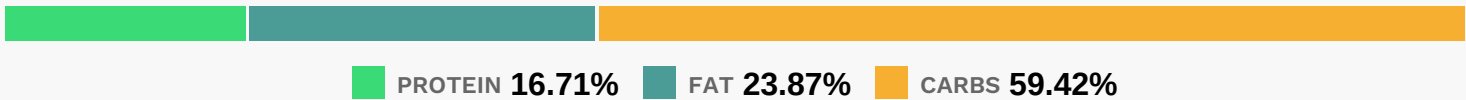
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Bring 4 cups water to a boil in a large saucepan.
- ☐ Add barley; cover, reduce heat, and simmer for 45 minutes.
- ☐ Remove from heat, and let stand, covered, 5 minutes.
- ☐ Preheat oven to 35
- ☐ Remove and discard stems from mushrooms, and slice mushroom caps.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add mushrooms, and saut 3 minutes.
- ☐ Remove from skillet.
- ☐ Heat oil in skillet over medium heat. Stir in onion; cover and cook 6 minutes.
- ☐ Add bell peppers; cover and cook 2 minutes. Stir in the cooked barley, mushrooms, broth, and next 4 ingredients (broth through black pepper).
- ☐ Spoon half of barley mixture into an 11 x 7-inch baking dish coated with cooking spray, and sprinkle with half of cheese. Repeat layers. Cover and bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28.38, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:16.37869580414%

Flavonoids

Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg, Quercetin: 8.33mg

Nutrients (% of daily need)

Calories: 187.11kcal (9.36%), Fat: 5.18g (7.96%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 22.57g (8.21%), Sugar: 4.08g (4.53%), Cholesterol: 7.23mg (2.41%), Sodium: 534.71mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.31%), Vitamin C: 68.25mg (82.72%), Vitamin K: 34.17µg (32.54%), Manganese: 0.55mg (27.29%), Fiber: 6.42g (25.69%), Vitamin A: 1191.85IU (23.84%), Selenium: 14.53µg (20.75%), Phosphorus: 196.59mg (19.66%), Vitamin B6: 0.34mg (17.17%), Vitamin B3: 3.19mg (15.94%), Calcium: 157.28mg (15.73%), Copper: 0.23mg (11.34%), Vitamin B2: 0.19mg (11.27%), Magnesium: 44.67mg (11.17%), Potassium: 360.74mg (10.31%), Folate: 38.81µg (9.7%), Zinc: 1.42mg (9.48%), Vitamin B5: 0.87mg (8.67%), Iron: 1.44mg (8%), Vitamin B1: 0.1mg (6.53%), Vitamin E: 0.74mg (4.96%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.2µg (1.35%)