



Barley Mushroom Risotto

READY IN



70 min.

SERVINGS



8

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp butter
- 42 oz beef broth canned
- 1 clove garlic minced
- 1 Tbsp olive oil
- 1 medium onion chopped
- 0.5 cup parmesan cheese grated kraft
- 1 cup pearl barley uncooked
- 4 oz mushroom caps cleaned chopped
- 0.5 tsp thyme leaves dried

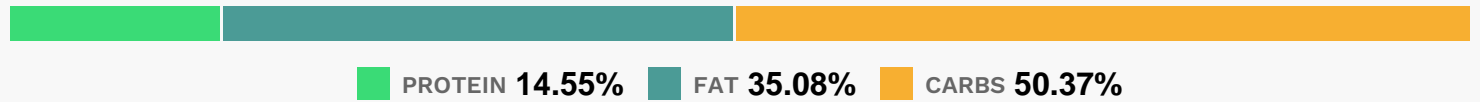
Equipment

pot

Directions

- Melt butter in 6-quart sauce pot on medium-high heat.
- Add oil, onion and garlic; cook and stir 5 minutes or until onion is tender.
- Add mushrooms and thyme; cook and stir 5 minutes or until mushrooms are tender.
- Stir in broth and barley; bring to boil. Reduce heat to medium-low; simmer 45 minutes or until barley is tender. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:7.1769565110621%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 176.29kcal (8.81%), Fat: 7.02g (10.8%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 18.18g (6.61%), Sugar: 1.13g (1.25%), Cholesterol: 5.44mg (1.81%), Sodium: 700.23mg (30.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Manganese: 0.41mg (20.41%), Selenium: 13.58µg (19.41%), Fiber: 4.5g (18.01%), Vitamin B3: 2.89mg (14.43%), Phosphorus: 135.52mg (13.55%), Calcium: 76.82mg (7.68%), Vitamin B6: 0.15mg (7.41%), Magnesium: 29.4mg (7.35%), Vitamin B2: 0.12mg (6.93%), Copper: 0.13mg (6.72%), Zinc: 0.98mg (6.52%), Potassium: 228.33mg (6.52%), Iron: 1.02mg (5.66%), Vitamin B1: 0.06mg (4.13%), Vitamin A: 187.44IU (3.75%), Vitamin B5: 0.36mg (3.55%), Folate: 13.63µg (3.41%), Vitamin B12: 0.19µg (3.2%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.77µg (1.69%), Vitamin C: 1.22mg (1.48%)