



Barley Mushroom Risotto

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 tablespoon butter
- ☐ 5 cups chicken broth
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic chopped
- ☐ 1 pound mushrooms sliced
- ☐ 1 tablespoon olive oil

- ☐ 1 onion chopped
- ☐ 1 cup pearl barley

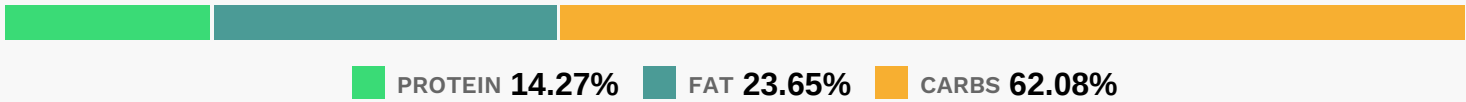
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring chicken broth to a boil in a saucepan. Melt butter in a large skillet over medium heat.
- ☐ Add onion, and saute for 5 minutes.
- ☐ Add the barley, thyme, bay leaf and 2 cups of the hot broth. Bring to a boil, and reduce heat to low, and simmer until most of the broth is absorbed, about 10 minutes.
- ☐ Pour in remaining broth 1/2 cup at a time, stirring and allowing it to become absorbed before adding more. This process takes about 50 minutes.
- ☐ Meanwhile, heat olive oil in a large skillet.
- ☐ Saute mushrooms in the hot oil until tender.
- ☐ Add garlic, and cook for about 3 more minutes. Stir in the barley mixture and parsley.
- ☐ Remove bay leaf, and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:12.964347839355%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 192.77kcal (9.64%), Fat: 5.33g (8.19%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 25.07g (9.12%), Sugar: 3.41g (3.79%), Cholesterol: 8.93mg (2.98%), Sodium: 750.09mg (32.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Manganese: 0.62mg (31%), Selenium: 20.65µg (29.49%), Vitamin B2: 0.47mg (27.42%), Fiber: 6.38g (25.53%), Vitamin K: 26.4µg (25.14%), Vitamin B3: 4.75mg (23.73%), Copper: 0.42mg (21.15%), Phosphorus: 154.96mg (15.5%), Vitamin B5: 1.28mg (12.8%), Vitamin B1: 0.18mg (11.89%), Potassium: 408.84mg (11.68%), Vitamin B6: 0.2mg (10.1%), Magnesium: 38.19mg (9.55%), Iron: 1.66mg (9.23%), Zinc: 1.31mg (8.72%), Folate: 26.5µg (6.63%), Vitamin C: 5.1mg (6.18%), Vitamin A: 188.12IU (3.76%), Vitamin E: 0.51mg (3.38%), Calcium: 30.72mg (3.07%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.15µg (1.01%)