



Barley-Mushroom Salad with Lamb and Goat Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 6 ounces cremini mushrooms thinly sliced
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1.5 ounces goat cheese crumbled

- ☐ 9 ounces simple roasted leg of lamb shredded
- ☐ 1 cup pearl barley uncooked
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots thinly sliced
- ☐ 6 ounces shiitake mushroom caps thinly sliced
- ☐ 3 cups water

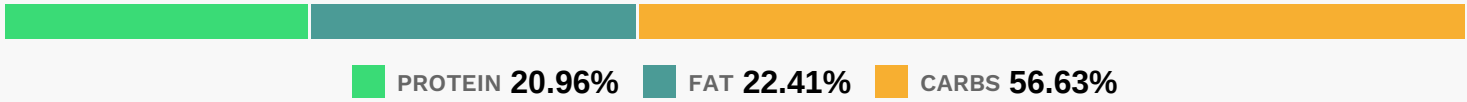
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook barley in a large saucepan over medium heat 5 minutes or until golden, stirring occasionally.
- ☐ Add water; bring to a boil. Cover, reduce heat, and simmer 50 minutes or until barley is tender and liquid is absorbed.
- ☐ Place barley in a large bowl; cool slightly.
- ☐ While barley cooks, heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add mushrooms, celery, and shallots; cook 5 minutes or until mushrooms are tender and liquid evaporates, stirring frequently.
- ☐ Remove from heat; stir in chopped parsley and rosemary. Cool slightly.
- ☐ Add mushroom mixture, Simple Roasted Leg of Lamb, goat cheese, balsamic vinegar, salt, and pepper to barley. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:1.31, Inflammation Score:-5, Nutrition Score:14.885217412658%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg, Apigenin: 3.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 220.53kcal (11.03%), Fat: 5.63g (8.66%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 25.41g (9.24%), Sugar: 3.19g (3.54%), Cholesterol: 20.41mg (6.8%), Sodium: 356.5mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.7%), Selenium: 28.21µg (40.29%), Manganese: 0.62mg (30.89%), Vitamin B3: 5.48mg (27.38%), Fiber: 6.6g (26.39%), Vitamin K: 26.81µg (25.54%), Copper: 0.44mg (22.15%), Phosphorus: 219.16mg (21.92%), Vitamin B2: 0.34mg (20.04%), Zinc: 2.49mg (16.6%), Vitamin B6: 0.31mg (15.3%), Potassium: 455.31mg (13.01%), Vitamin B12: 0.77µg (12.75%), Vitamin B5: 1.24mg (12.42%), Magnesium: 48.58mg (12.15%), Iron: 1.97mg (10.93%), Vitamin B1: 0.15mg (9.75%), Folate: 33.9µg (8.48%), Vitamin A: 232.24IU (4.64%), Calcium: 41.36mg (4.14%), Vitamin C: 2.83mg (3.43%), Vitamin E: 0.45mg (3.03%), Vitamin D: 0.17µg (1.13%)