



Barley-Mushroom Soup



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots thinly sliced
- ☐ 0.3 cup celery finely chopped
- ☐ 8 ounce pre mushrooms
- ☐ 1.5 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.5 teaspoon salt
- ☐ 4.8 cups rich turkey stock

☐

0.5 teaspoon or dried fresh chopped

Equipment

☐

sauce pan

Directions

- ☐ Heat the oil in a large saucepan over medium-high heat.
- ☐ Add onion, carrot, and mushrooms; saut 7 minutes or until golden brown. Stir in barley, and saut 2 minutes.
- ☐ Add stock, celery, and salt, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- ☐ Add thyme, and cook 5 minutes.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:19.260434757108%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg, Quercetin: 12.28mg

Nutrients (% of daily need)

Calories: 253.52kcal (12.68%), Fat: 5.51g (8.48%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 40.2g (13.4%), Net Carbohydrates: 33.63g (12.23%), Sugar: 9.94g (11.04%), Cholesterol: 8.43mg (2.81%), Sodium: 728.84mg (31.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.67%), Vitamin A: 5403.59IU (108.07%), Vitamin B3: 8.05mg (40.27%), Vitamin B2: 0.54mg (31.49%), Selenium: 21.25µg (30.36%), Fiber: 6.56g (26.26%), Manganese: 0.5mg (24.98%), Copper: 0.48mg (23.95%), Potassium: 758.27mg (21.66%), Phosphorus: 210.74mg (21.07%), Vitamin B6: 0.42mg (20.92%), Vitamin B1: 0.24mg (16.21%), Folate: 50.29µg (12.57%), Magnesium: 47.14mg (11.78%), Vitamin B5: 1.1mg (11.01%), Iron: 1.9mg (10.57%), Vitamin K: 11.09µg (10.56%), Vitamin C: 8.4mg (10.19%), Zinc: 1.42mg (9.46%), Calcium: 47.66mg (4.77%), Vitamin E: 0.57mg (3.77%)