



Barley "Pasta" Salad

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons oregano dry
- ☐ 2 ounces part-skim mozzarella cheese diced
- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.3 cup pepperoncini peppers finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 1 cup pkt spinach thinly sliced
- ☐ 2 cups tomatoes seeded finely chopped
- ☐ 2 cups water

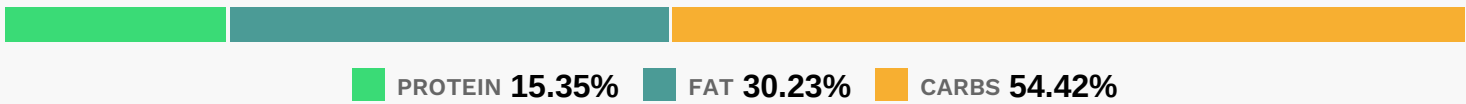
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 2 cups water to a boil in a large saucepan.
- ☐ Add barley; cover, reduce heat, and simmer 45 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine the juice, oil, and salt in large bowl; stir well with a whisk.
- ☐ Add barley, tomato, and remaining ingredients; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:11.835652205607%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 145.75kcal (7.29%), Fat: 5.1g (7.85%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 15.79g (5.74%), Sugar: 2.73g (3.03%), Cholesterol: 7.26mg (2.42%), Sodium: 318.83mg (13.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin K: 43.62µg (41.54%), Vitamin C: 29.72mg (36.03%), Vitamin A: 1217.79IU (24.36%), Manganese: 0.46mg (23.13%), Fiber: 4.88g (19.53%), Selenium: 9.31µg (13.3%), Calcium: 126.74mg (12.67%), Phosphorus: 123.37mg (12.34%), Vitamin B6: 0.19mg (9.64%), Magnesium: 37.32mg (9.33%), Potassium: 316.63mg (9.05%), Copper: 0.18mg (8.81%), Folate: 34.45µg (8.61%), Vitamin B3: 1.53mg (7.63%), Vitamin E: 1.12mg (7.49%), Iron: 1.27mg (7.08%), Zinc: 0.96mg (6.43%), Vitamin B1: 0.09mg (5.83%), Vitamin B2: 0.1mg (5.63%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.09µg (1.55%)