



Barley Pilaf with Artichoke Hearts

READY IN



45 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained and rinsed quartered canned
- ☐ 1 teaspoon bottled garlic minced
- ☐ 15 ounce chickpeas drained and rinsed canned (garbanzo beans)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan cheese grated
- ☐ 2 tablespoons commercial pesto
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon salt

☐ 2 cups warm water

Equipment

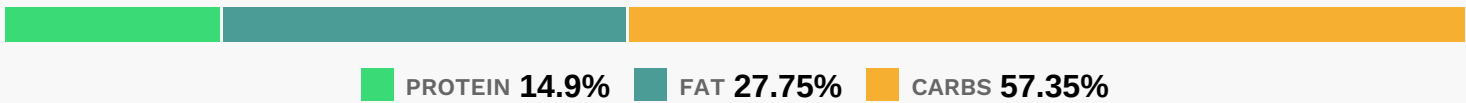
☐ frying pan

☐ sauce pan

Directions

- ☐ Combine the first 3 ingredients in a medium saucepan. Bring to a boil; cook 3 minutes. Cover, reduce heat, and simmer 8 minutes or until tender.
- ☐ While barley cooks, heat the oil in a large nonstick skillet over medium-high heat; add artichokes and garlic. Saut 3 minutes, stirring frequently.
- ☐ Stir pesto, lemon juice, and chickpeas into the cooked barley.
- ☐ Serve artichoke mixture over barley; top with cheese.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:4.01, Inflammation Score:-5, Nutrition Score:17.224348129138%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 414.78kcal (20.74%), Fat: 12.91g (19.86%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 45.89g (16.69%), Sugar: 1.52g (1.69%), Cholesterol: 12.93mg (4.31%), Sodium: 1136.17mg (49.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.2%), Manganese: 1.56mg (78.22%), Fiber: 14.16g (56.65%), Selenium: 26.12µg (37.31%), Vitamin B6: 0.66mg (33.08%), Phosphorus: 287.63mg (28.76%), Copper: 0.4mg (20.09%), Calcium: 195.25mg (19.52%), Magnesium: 74.89mg (18.72%), Zinc: 2.44mg (16.27%), Iron: 2.71mg (15.06%), Vitamin B3: 2.46mg (12.32%), Folate: 39.72µg (9.93%), Potassium: 328.11mg (9.37%), Vitamin B1: 0.14mg (9.12%), Vitamin B2: 0.12mg (7.28%), Vitamin A: 301.1IU (6.02%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.59mg (3.95%), Vitamin K: 3.47µg (3.3%), Vitamin B12: 0.19µg (3.19%), Vitamin C: 1.95mg (2.36%)