



Barley Pilaf with Chickpeas and Artichoke Hearts

READY IN



45 min.

SERVINGS



4

CALORIES



411 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 fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces preshredded parmesan cheese fresh
- ☐ 2 tablespoons commercial pesto
- ☐ 1 cup quick-cooking barley uncooked

- ☐ 0.3 teaspoon salt
- ☐ 2 cups warm water

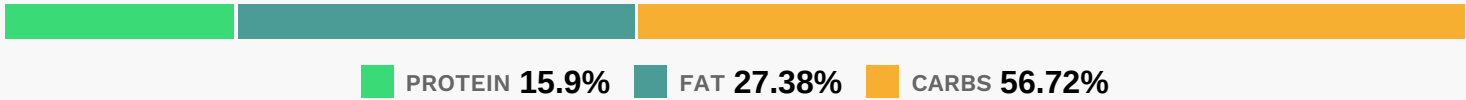
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 3 ingredients in a medium saucepan. Bring to a boil; cook 3 minutes. Cover, reduce heat, and simmer 8 minutes or until barley is tender and liquid is absorbed. Stir in pesto and chickpeas; cook 1 minute or until thoroughly heated. Stir in lemon juice.
- ☐ While the barley cooks, heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic and artichokes; saut 3 minutes or until lightly browned.
- ☐ Place 1 cup barley mixture into each of 4 bowls, and then top each serving with 1/4 cup artichoke mixture.
- ☐ Sprinkle each serving with 2 tablespoons of cheese.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:4.14, Inflammation Score:-5, Nutrition Score:17.239565495564%

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: 410.67kcal (20.53%), Fat: 12.6g (19.39%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 58.75g (19.58%), Net Carbohydrates: 44.59g (16.21%), Sugar: 1.62g (1.8%), Cholesterol: 10.24mg (3.41%), Sodium: 1115.19mg (48.49%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Manganese: 1.56mg (77.76%), Fiber: 14.16g (56.65%), Selenium: 24.35µg (34.78%), Vitamin B6: 0.66mg (33.15%), Phosphorus: 296.13mg (29.61%), Calcium: 237.77mg (23.78%), Copper: 0.4mg (20.03%), Magnesium: 76.17mg (19.04%), Iron: 2.76mg (15.35%), Zinc: 2.22mg (14.78%), Vitamin B3: 2.49mg (12.45%), Folate: 39.86µg (9.96%), Vitamin B1: 0.14mg (9.23%), Potassium: 315.07mg (9%), Vitamin B2: 0.12mg (7.17%), Vitamin A: 289.19IU (5.78%), Vitamin B5: 0.54mg (5.35%), Vitamin E: 0.55mg (3.68%), Vitamin K: 3.47µg (3.3%), Vitamin B12: 0.17µg (2.83%), Vitamin C: 1.95mg (2.36%)