



Barley Pilaf with Sautéed Mushrooms

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 8 ounces button mushrooms chopped
- ☐ 8 ounces button mushrooms sliced
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion finely chopped
- ☐ 1 cup pearl barley uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water boiling
- ☐ 2.3 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

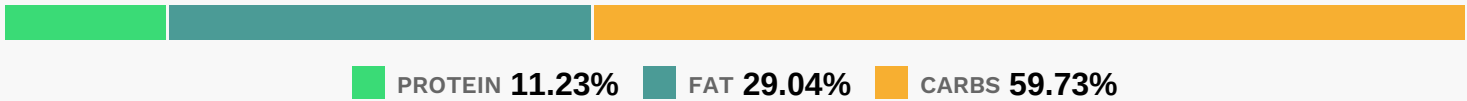
Directions

- ☐ Combine the dried porcini mushrooms and boiling water in a bowl; cover and let stand for 15 minutes.
- ☐ Drain in a sieve over a bowl, reserving mushroom liquid. Finely chop porcini mushrooms; set aside.
- ☐ Heat 1 tablespoon oil in a large cast-iron or heavy skillet over high heat.
- ☐ Add chopped button mushrooms; cook for 5 minutes or until browned, stirring occasionally. Reduce heat to medium.
- ☐ Add porcini mushrooms, wine, pepper, and garlic; cook 1 minute or until liquid almost evaporates.
- ☐ Remove from heat.
- ☐ Heat 1 tablespoon oil in a large sauce-pan over medium heat.
- ☐ Add onion; cook 3 minutes.
- ☐ Add reserved mushroom liquid, 2 1/4 cups water, porcini mixture, barley, and salt, and bring to a boil. Cover, reduce heat, and simmer 35 minutes or until barley is tender. Fluff with a fork; stir in parsley.
- ☐ Carefully melt butter in a cast-iron or heavy skillet over high heat.

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Add the sliced button mushrooms, and saut for 5 minutes or until browned. Top the pilaf with sauted mushrooms.

Nutrition Facts



Properties

Glycemic Index:62.5, Glycemic Load:1.95, Inflammation Score:-7, Nutrition Score:21.767391355141%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

Nutrients (% of daily need)

Calories: 342.75kcal (17.14%), Fat: 10.92g (16.8%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 50.52g (16.84%), Net Carbohydrates: 40.33g (14.66%), Sugar: 4.76g (5.29%), Cholesterol: 7.53mg (2.51%), Sodium: 339.04mg (14.74%), Alcohol: 3.09g (100%), Alcohol %: 0.88% (100%), Protein: 9.5g (19.01%), Vitamin K: 67.47µg (64.25%), Selenium: 31.52µg (45.02%), Manganese: 0.88mg (44.12%), Fiber: 10.19g (40.77%), Copper: 0.81mg (40.62%), Vitamin B3: 7.04mg (35.18%), Vitamin B2: 0.58mg (34.11%), Vitamin B5: 2.71mg (27.05%), Phosphorus: 240.85mg (24.08%), Potassium: 663.26mg (18.95%), Vitamin B6: 0.37mg (18.37%), Magnesium: 65.74mg (16.44%), Vitamin B1: 0.22mg (14.96%), Zinc: 2.11mg (14.08%), Vitamin C: 10.92mg (13.24%), Iron: 2.35mg (13.05%), Folate: 50.31µg (12.58%), Vitamin A: 415.64IU (8.31%), Vitamin E: 1.15mg (7.66%), Calcium: 45.22mg (4.52%), Vitamin D: 0.37µg (2.43%)