



Barley Pilaf with Spinach, Tomatoes, Mint, and Feta

 Vegetarian

READY IN



32 min.

SERVINGS



5

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 4 garlic cloves sliced
- ☐ 0.3 cup green onions sliced
- ☐ 2 teaspoons olive oil
- ☐ 2 cups quick-cooking barley uncooked

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces pkt spinach fresh
- ☐ 3.3 cups vegetable broth organic (such as Swanson Certified)

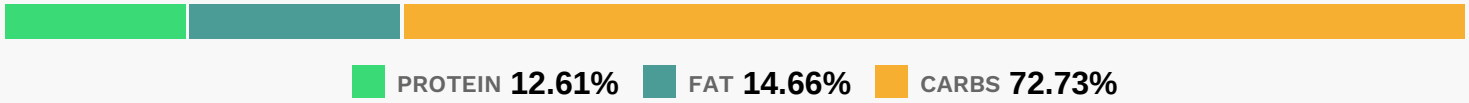
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large, deep skillet over medium heat; add oil.
- ☐ Add garlic; saut 30 seconds. Stir in spinach, and cook 3 minutes or until wilted.
- ☐ Stir in barley, tomatoes, broth, and salt. Bring to a boil; cover, reduce heat to low, and simmer 20 minutes or until barley is tender.
- ☐ Remove from heat, and stir in mint, green onions, and feta cheese.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:3.14, Inflammation Score:-9, Nutrition Score:28.157391224218%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 386.73kcal (19.34%), Fat: 6.55g (10.07%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 58.2g (21.16%), Sugar: 5.79g (6.44%), Cholesterol: 15.14mg (5.05%), Sodium: 1056.76mg (45.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Vitamin K: 127.32µg (121.26%), Manganese: 1.49mg (74.56%), Fiber: 14.9g (59.61%), Vitamin A: 2863.81IU (57.28%), Selenium: 33.8µg (48.29%), Phosphorus: 278.71mg (27.87%), Copper: 0.54mg (27.01%), Magnesium: 104.19mg (26.05%), Vitamin B3: 5.1mg (25.51%), Vitamin B6: 0.48mg (24.17%), Iron: 4.03mg (22.41%), Folate: 84.37µg (21.09%), Vitamin C: 16.34mg (19.81%), Vitamin B2: 0.33mg (19.59%), Potassium: 638.25mg (18.24%), Vitamin B1: 0.27mg (17.85%), Zinc: 2.61mg

(17.39%), Calcium: 170.96mg (17.1%), Vitamin E: 1.79mg (11.96%), Vitamin B5: 0.66mg (6.59%), Vitamin B12: 0.29µg (4.79%)