



Barley Pilaf With Toasted Almonds And Raisins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 tablespoons golden raisins
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.1 teaspoon pepper

- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon salt

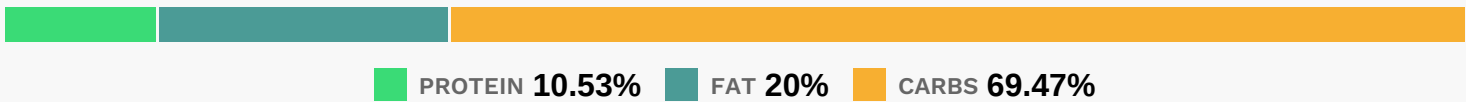
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a 3-quart saucepan over medium heat.
- ☐ Add onion; cook 5 minutes, stirring occasionally.
- ☐ Add broth; bring to a boil.
- ☐ Add barley; cover, reduce heat, and simmer 15 minutes.
- ☐ Add almonds and remaining ingredients; stir well. Cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.28, Glycemic Load:3.55, Inflammation Score:-4, Nutrition Score:9.3930434040401%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 189.66kcal (9.48%), Fat: 4.4g (6.77%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 28.01g (10.18%), Sugar: 5.61g (6.24%), Cholesterol: 0mg (0%), Sodium: 411.64mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.43%), Manganese: 0.61mg (30.56%), Fiber: 6.41g (25.62%), Vitamin K: 23.79µg (22.65%), Selenium: 14.56µg (20.8%), Copper: 0.24mg (12.05%), Phosphorus: 119.37mg (11.94%),

Magnesium: 45.29mg (11.32%), Vitamin B3: 2.26mg (11.28%), Vitamin E: 1.5mg (10.01%), Iron: 1.38mg (7.68%), Vitamin B2: 0.13mg (7.66%), Vitamin B6: 0.15mg (7.28%), Potassium: 236.07mg (6.74%), Zinc: 0.94mg (6.29%), Vitamin B1: 0.09mg (5.81%), Folate: 15.42µg (3.85%), Vitamin C: 3mg (3.64%), Calcium: 35.28mg (3.53%), Vitamin B12: 0.15µg (2.52%), Vitamin B5: 0.24mg (2.41%), Vitamin A: 120.2IU (2.4%)