



 **89%**
HEALTH SCORE

Barley Porridge

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



888 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups barley cooked (see note)
- 2 teaspoons brown sugar
- 0.3 teaspoon cinnamon
- 2 servings fruit fresh for serving
- 2 servings cup heavy whipping cream
- 0.5 cup milk
- 2 tablespoons walnuts toasted chopped

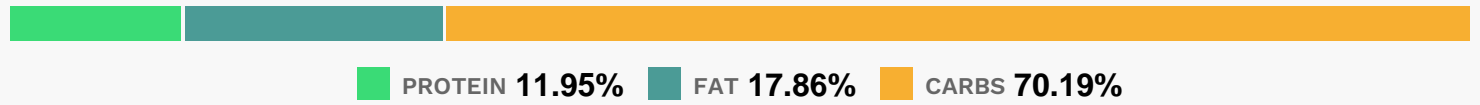
Equipment

- bowl
- sauce pan

Directions

- Combine barley, milk, brown sugar, and cinnamon in a medium saucepan over medium heat. Cook, stirring occasionally, until milk has almost been all absorbed, about 15 minutes. Divide barley between two bowls. Top with chopped walnuts, a generous drizzle of heavy cream, and chopped fresh fruit if desired.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:38.44, Inflammation Score:-9, Nutrition Score:38.710869892784%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 4.4mg, Catechin: 4.4mg, Catechin: 4.4mg, Catechin: 4.4mg

Nutrients (% of daily need)

Calories: 887.72kcal (44.39%), Fat: 18.24g (28.06%), Saturated Fat: 6.1g (38.11%), Carbohydrates: 161.33g (53.78%), Net Carbohydrates: 126.8g (46.11%), Sugar: 22.32g (24.8%), Cholesterol: 24.27mg (8.09%), Sodium: 56.58mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.94%), Manganese: 4mg (199.87%), Fiber: 34.53g (138.12%), Selenium: 71.52µg (102.18%), Vitamin B1: 1.27mg (84.94%), Magnesium: 275.33mg (68.83%), Phosphorus: 605.21mg (60.52%), Copper: 1.17mg (58.46%), Vitamin B3: 9.13mg (45.65%), Iron: 7.35mg (40.81%), Vitamin B2: 0.68mg (40.02%), Zinc: 5.8mg (38.7%), Vitamin B6: 0.7mg (35.11%), Potassium: 1093.39mg (31.24%), Calcium: 167.2mg (16.72%), Vitamin A: 720.41IU (14.41%), Folate: 47.78µg (11.95%), Vitamin K: 10.51µg (10.01%), Vitamin B5: 0.9mg (8.96%), Vitamin E: 1.29mg (8.62%), Vitamin D: 0.91µg (6.07%), Vitamin B12: 0.35µg (5.89%), Vitamin C: 2.84mg (3.44%)