



## Barley Primavera

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

### Ingredients

- 0.5 cup carrots diced
- 2 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 1 tablespoon juice of lemon
- 4 cups chicken broth low fat, low sodium
- 1 teaspoon olive oil
- 1 cup quick-cooking barley
- 0.5 cup onion red minced

6 servings salt and pepper to taste

0.5 cup zucchini diced

## Equipment

sauce pan

## Directions

Heat 1/4 cup of the broth in a saucepan over medium high heat.

Add the garlic and onion and saute for 5 minutes.

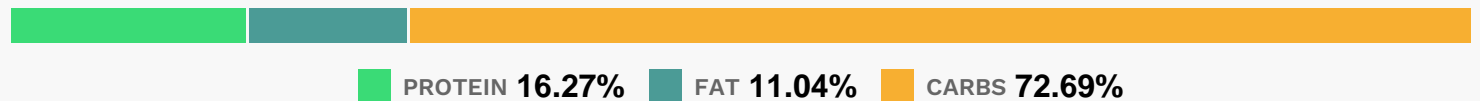
Add the carrots and saute for 5 minutes.

Add the remaining broth and bring to a boil.

Add the barley, lower the heat, cover, and simmer until the liquid is almost absorbed, about 50 minutes.

Add the zucchini, parsley, oil, and lemon juice. Simmer for 5 more minutes; season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:25.14, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:10.753478159075%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 162.38kcal (8.12%), Fat: 2.09g (3.22%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 25.07g (9.12%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 253.66mg (11.03%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Vitamin A: 1922.8IU (38.46%), Manganese: 0.51mg (25.55%), Vitamin K: 24.92µg (23.74%), Fiber: 5.9g (23.6%), Vitamin B3: 3.88mg (19.42%), Selenium: 12.81µg (18.3%), Phosphorus: 134.9mg (13.49%), Copper: 0.24mg (12.06%), Potassium: 323.23mg (9.24%), Magnesium: 33.45mg (8.36%), Vitamin B6: 0.16mg (8.24%), Vitamin C: 6.52mg (7.9%), Iron: 1.37mg (7.61%), Zinc: 0.98mg (6.51%), Vitamin B2: 0.11mg (6.32%), Vitamin B1: 0.09mg (5.68%), Folate: 17.26µg (4.32%), Calcium: 28.13mg (2.81%), Vitamin B12: 0.16µg (2.62%), Vitamin B5: 0.18mg (1.75%), Vitamin E: 0.2mg (1.35%)