



Barley Risotto Primavera

READY IN



60 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots diced
- 4.5 cups chicken broth
- 1 teaspoon thyme leaves dried
- 2 teaspoons garlic minced
- 1 small onion diced
- 0.5 cup parmesan cheese grated
- 1 cup pearl barley
- 6 servings salt and pepper black freshly ground to taste
- 1 teaspoon vegetable oil

- 3 small baby squash diced yellow
- 1 zucchini diced

Equipment

- frying pan
- sauce pan

Directions

- Heat 1 teaspoon vegetable oil in a large skillet over medium heat; cook and stir carrots 2 to 3 minutes.
- Add zucchini and yellow squash; cook until tender, 5 to 10 minutes.
- Heat chicken broth in a large saucepan over medium heat; reduce heat to low and keep warm.
- Heat 1 teaspoon vegetable oil in a separate large skillet over medium heat; cook and stir onion until lightly browned and tender, about 10 minutes.
- Add garlic and thyme; cook until fragrant, 1 to 2 minutes. Cook and stir barley into onion mixture until lightly toasted, 2 to 3 minutes.
- Pour about 2 cups warm broth into barley mixture; reduce heat to low, and simmer, stirring occasionally, until broth is absorbed, 5 to 10 minutes.
- Add remaining broth, 1/2 cup at a time, allowing broth to absorb before each addition, until barley is tender, 15 to 20 minutes. Stir in carrot mixture, butter, and Parmesan cheese until cheese melts, 1 to 2 minutes. Season with salt and black pepper.

Nutrition Facts

 PROTEIN **16.19%**  FAT **17.89%**  CARBS **65.92%**

Properties

Glycemic Index:30.47, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:15.759130572495%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 199.82kcal (9.99%), Fat: 4.13g (6.36%), Saturated Fat: 1.58g (9.89%), Carbohydrates: 34.25g (11.42%), Net Carbohydrates: 27.2g (9.89%), Sugar: 4.62g (5.13%), Cholesterol: 10.77mg (3.59%), Sodium: 821.29mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Vitamin A: 3670.37IU (73.41%), Manganese: 0.78mg (38.83%), Fiber: 7.05g (28.21%), Selenium: 16.6µg (23.72%), Vitamin C: 18.34mg (22.23%), Phosphorus: 180.91mg (18.09%), Vitamin B2: 0.3mg (17.77%), Vitamin B6: 0.33mg (16.55%), Potassium: 469.03mg (13.4%), Vitamin B3: 2.59mg (12.96%), Magnesium: 51.32mg (12.83%), Calcium: 119.26mg (11.93%), Copper: 0.24mg (11.83%), Vitamin B1: 0.17mg (11.18%), Vitamin K: 11.2µg (10.66%), Zinc: 1.56mg (10.41%), Folate: 39.7µg (9.93%), Iron: 1.64mg (9.11%), Vitamin B5: 0.37mg (3.72%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.15µg (2.46%)