



## Barley Risotto Primavera

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 servings pepper black freshly ground to taste
- 0.7 cup carrots peeled chopped
- 0.5 teaspoon thyme dried
- 2 garlic clove minced
- 2 tablespoons olive oil
- 0.5 cup onion finely chopped
- 0.8 cup parmesan cheese grated
- 1.5 cups peas frozen

- 3 cups quick-cooking barley cooked
- 0.3 teaspoon salt
- 1.5 cups vegetable broth low-sodium divided
- 1 cup zucchini chopped

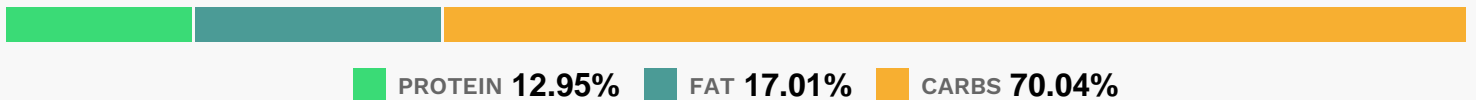
## Equipment

- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add carrot and onion, and cook 45 minutes until onion begins to brown.
- Add garlic and thyme; cook 1 minute or until fragrant.
- Reduce heat to medium; stir in barley and white wine (if using) or 1/2 cup broth; cook 1 minute or until liquid is absorbed.
- Add zucchini, bell peppers, and 3/4 cup broth; cook 45 minutes, stirring occasionally, until liquid is absorbed.
- Add remaining 3/4 cup broth; cook until vegetables are tender and most of liquid has been absorbed.
- Add 1/4 teaspoon salt and freshly ground black pepper.
- Stir in peas; remove from heat.
- Let stand 12 minutes or until peas are thawed but still bright green. Stir in Parmesan cheese just before serving.

## Nutrition Facts



## Properties

Glycemic Index:48.79, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:36.862173913043%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## **Nutrients (% of daily need)**

Calories: 743.33kcal (37.17%), Fat: 14.4g (22.15%), Saturated Fat: 4.32g (27.03%), Carbohydrates: 133.38g (44.46%), Net Carbohydrates: 105.15g (38.24%), Sugar: 7.33g (8.14%), Cholesterol: 16.31mg (5.44%), Sodium: 508.17mg (22.09%), Protein: 24.65g (49.3%), Manganese: 2.38mg (119.05%), Fiber: 28.23g (112.91%), Selenium: 64.5µg (92.14%), Vitamin A: 4242.94IU (84.86%), Phosphorus: 536.85mg (53.69%), Vitamin B3: 8.45mg (42.24%), Copper: 0.77mg (38.7%), Magnesium: 153.97mg (38.49%), Vitamin C: 30.57mg (37.05%), Zinc: 4.89mg (32.61%), Vitamin B1: 0.48mg (31.81%), Vitamin B6: 0.62mg (31.03%), Iron: 5.08mg (28.25%), Vitamin K: 27.88µg (26.55%), Calcium: 245.12mg (24.51%), Potassium: 774.01mg (22.11%), Folate: 86.67µg (21.67%), Vitamin B2: 0.36mg (20.98%), Vitamin E: 1.4mg (9.32%), Vitamin B5: 0.7mg (6.97%), Vitamin B12: 0.25µg (4.22%)