



HEALTH SCORE

55%

Barley Risotto with Asparagus and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound asparagus
- ☐ 1.5 cups barley
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup sauvignon blanc white wine dry white (such as Sauvignon Blanc)
- ☐ 1 large clove garlic finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces parmesan grated

☐ 1 large onion yellow finely chopped

Equipment

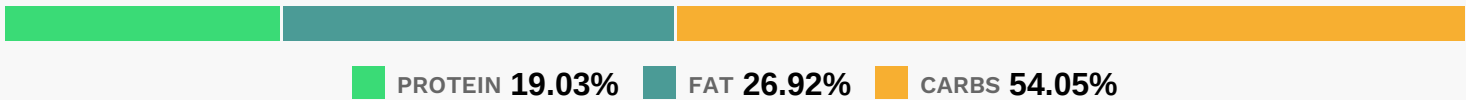
☐ bowl

☐ sauce pan

Directions

- ☐ Warm the broth in a small saucepan over low heat. Meanwhile, heat the oil in a large saucepan over medium heat.
- ☐ Add the onion and cook, stirring occasionally, for 7 minutes or until soft.
- ☐ Add the garlic and cook 1 minute more.
- ☐ Add the barley and cook, stirring, for 2 minutes. Stir in the wine and cook until the liquid is absorbed, about 3 minutes.
- ☐ Add the broth, 1/2 cup at a time, stirring occasionally and waiting until it is absorbed before adding more.
- ☐ Add the asparagus with the last 1/2 cup of broth and cook until tender. It should take 30 to 35 minutes for all the broth to be absorbed.
- ☐ Remove from heat, season with the salt and pepper, and stir in the Parmesan. Spoon into individual bowls.Tip: At the store, look for thick or thin asparagus with firm stalks, closed tips, and a bright green color.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:15.58, Inflammation Score:-9, Nutrition Score:29.091304663731%

Flavonoids

Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 8.34mg, Isorhamnetin: 8.34mg, Isorhamnetin: 8.34mg, Isorhamnetin: 8.34mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 23.48mg, Quercetin: 23.48mg, Quercetin: 23.48mg, Quercetin: 23.48mg

Nutrients (% of daily need)

Calories: 495.81kcal (24.79%), Fat: 14.2g (21.85%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 64.14g (21.38%), Net Carbohydrates: 49.13g (17.87%), Sugar: 4.78g (5.31%), Cholesterol: 9.64mg (3.21%), Sodium: 618.61mg (26.9%), Alcohol: 6.2g (100%), Alcohol %: 1.32% (100%), Protein: 22.59g (45.18%), Manganese: 1.6mg (80.01%), Fiber: 15g (60.01%), Vitamin K: 53.51µg (50.97%), Selenium: 32.11µg (45.87%), Phosphorus: 440.22mg (44.02%), Vitamin B1: 0.63mg (42.15%), Vitamin B3: 8.42mg (42.08%), Copper: 0.73mg (36.58%), Iron: 5.79mg (32.18%), Magnesium: 120.99mg (30.25%), Vitamin B2: 0.5mg (29.6%), Potassium: 867.23mg (24.78%), Calcium: 240.4mg (24.04%), Zinc: 3.28mg (21.89%), Vitamin B6: 0.42mg (20.98%), Folate: 80.24µg (20.06%), Vitamin A: 984.68IU (19.69%), Vitamin E: 2.72mg (18.16%), Vitamin C: 9.36mg (11.34%), Vitamin B12: 0.47µg (7.75%), Vitamin B5: 0.62mg (6.22%)