



Barley Risotto with Caramelized Leeks and Mushrooms



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 28 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 3 cups leek chopped (3 large)
- ☐ 2 tablespoons olive oil
- ☐ 1 cup pearl barley uncooked

☐

1 teaspoon salt

Equipment

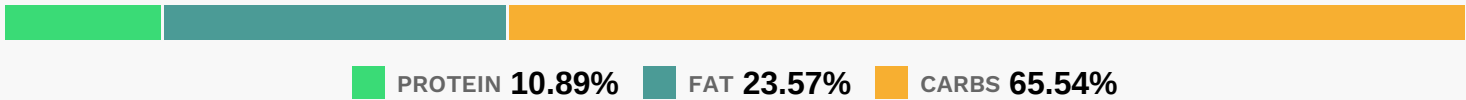
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sauce pan

Directions

- ☐
- Heat the oil in a large saucepan over medium heat.
- ☐
- Add leek; cook 20 minutes or until tender and golden, stirring occasionally.
- ☐
- Add mushrooms; cook 5 minutes or until tender, stirring occasionally.
- ☐
- Add barley, salt, and pepper; cook 1 minute, stirring constantly.
- ☐
- Add broth; bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally. Uncover and cook 5 minutes or until liquid is absorbed. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.79, Inflammation Score:-7, Nutrition Score:14.910000034001%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 200.03kcal (10%), Fat: 5.46g (8.4%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 34.17g (11.39%), Net Carbohydrates: 27.88g (10.14%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 943.7mg (41.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin K: 46.46µg (44.25%), Manganese: 0.74mg (36.84%), Selenium: 25.76µg (36.79%), Fiber: 6.29g (25.17%), Copper: 0.41mg (20.55%), Vitamin B3: 3.91mg (19.53%), Vitamin A: 861.92IU (17.24%), Vitamin B2: 0.27mg (15.64%), Phosphorus: 150.06mg (15.01%), Vitamin B6: 0.25mg (12.59%), Iron: 2.22mg (12.36%), Folate: 48.96µg (12.24%), Potassium: 391.08mg (11.17%), Magnesium: 44.34mg (11.08%), Vitamin B1: 0.14mg (9.12%), Vitamin B5: 0.89mg (8.89%), Vitamin C: 7.11mg (8.62%), Zinc: 1.22mg (8.15%), Vitamin E: 1.1mg (7.35%), Calcium: 50.51mg (5.05%), Vitamin B12: 0.3µg (5.04%)