



Barley Risotto with Eggplant and Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 pint cherry tomatoes
- ☐ 0.5 cup cooking wine dry white
- ☐ 6 cups eggplant diced ()
- ☐ 5 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 teaspoons garlic minced
- ☐ 2 ounces goat cheese crumbled soft

- ☐ 3 tablespoons olive oil divided
- ☐ 1.5 cups onion finely chopped
- ☐ 1 cup pearl barley uncooked
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Combine eggplant, tomatoes, 2 tablespoons oil, and 1/4 teaspoon pepper in a bowl; toss to coat. Arrange mixture in a single layer on a jelly-roll pan.
- ☐ Bake at 400 for 20 minutes or until tomatoes begin to collapse and eggplant is tender.
- ☐ Combine broth and 2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion to pan; saut 4 minutes or until onion begins to brown. Stir in barley and garlic; cook 1 minute.
- ☐ Add wine; cook 1 minute or until liquid almost evaporates, stirring constantly.
- ☐ Add 1 cup broth mixture to pan; bring to a boil, stirring frequently. Cook 5 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth mixture, 1 cup at a time, stirring constantly until each portion of broth mixture is absorbed before adding the next (about 40 minutes total). Gently stir in eggplant mixture, remaining 1/4 teaspoon pepper, and salt. Top with cheese, basil, and nuts.

Nutrition Facts

PROTEIN 11.25% FAT 39.06% CARBS 49.69%

Properties

Glycemic Index:51, Glycemic Load:2.6, Inflammation Score:-9, Nutrition Score:26.113478199295%

Flavonoids

Delphinidin: 105.4mg, Delphinidin: 105.4mg, Delphinidin: 105.4mg, Delphinidin: 105.4mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg

Nutrients (% of daily need)

Calories: 478.23kcal (23.91%), Fat: 20.76g (31.94%), Saturated Fat: 4.14g (25.88%), Carbohydrates: 59.42g (19.81%), Net Carbohydrates: 45.65g (16.6%), Sugar: 11.4g (12.66%), Cholesterol: 6.52mg (2.17%), Sodium: 1388.57mg (60.37%), Alcohol: 3.09g (100%), Alcohol %: 0.48% (100%), Protein: 13.45g (26.89%), Manganese: 2.05mg (102.28%), Fiber: 13.77g (55.08%), Vitamin C: 34.92mg (42.33%), Selenium: 27.07µg (38.67%), Copper: 0.72mg (36.23%), Phosphorus: 315.49mg (31.55%), Vitamin B3: 5.87mg (29.37%), Potassium: 941.53mg (26.9%), Magnesium: 105.6mg (26.4%), Vitamin B6: 0.52mg (25.93%), Vitamin K: 26.86µg (25.58%), Vitamin E: 3.39mg (22.63%), Iron: 3.83mg (21.3%), Vitamin B1: 0.28mg (18.63%), Folate: 74.15µg (18.54%), Vitamin A: 848.45IU (16.97%), Vitamin B2: 0.29mg (16.77%), Zinc: 2.34mg (15.61%), Vitamin B5: 1.21mg (12.05%), Vitamin B12: 0.59µg (9.91%), Calcium: 97.85mg (9.78%)