



Barley Risotto with Fennel and Olives

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cooking wine dry white
- ☐ 3.5 cups less-sodium chicken broth fat-free divided
- ☐ 1 cup fennel bulb divided finely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1.5 cups leek divided chopped
- ☐ 0.3 cup oil-cured olives pitted chopped

- ☐ 1.5 ounces parmesan cheese fresh grated
- ☐ 0.8 cup pearl barley uncooked
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 1 teaspoon or dried fresh

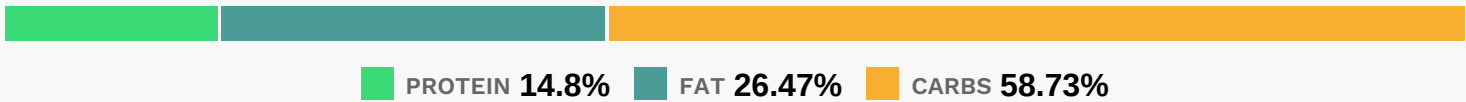
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add 3/4 cup leek, 1/2 cup fennel, and bell pepper; saut 5 minutes or until tender.
- ☐ Add barley, thyme, and garlic; cook 2 minutes, stirring constantly. Stir in 2 cups broth, and cook 10 minutes or until liquid is nearly absorbed, stirring constantly. Stir in remaining 3/4 cup leek, 1/2 cup fennel, 1 1/2 cups broth, and wine; cook until liquid is nearly absorbed, stirring frequently (about 45 minutes). Stir in the cheese, parsley, and black pepper.
- ☐ Sprinkle with olives; garnish with fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:73.75, Glycemic Load:2.42, Inflammation Score:-9, Nutrition Score:20.761739257885%

Flavonoids

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 Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg 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: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 281.02kcal (14.05%), Fat: 7.92g (12.18%), Saturated Fat: 3.87g (24.19%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 31.37g (11.41%), Sugar: 4.01g (4.46%), Cholesterol: 14.75mg (4.92%), Sodium: 1163.01mg (50.57%), Alcohol: 3.09g (100%), Alcohol %: 1.06% (100%), Protein: 9.96g (19.93%), Vitamin K: 98.38µg (93.69%), Manganese: 0.89mg (44.61%), Vitamin C: 36.04mg (43.68%), Vitamin A: 1708.83IU (34.18%), Fiber: 8.17g (32.68%), Selenium: 21.8µg (31.14%), Phosphorus: 218.24mg (21.82%), Calcium: 199.1mg (19.91%), Vitamin B3: 3.45mg (17.25%), Iron: 2.98mg (16.56%), Vitamin B6: 0.32mg (15.98%), Magnesium: 59.22mg (14.8%), Copper: 0.29mg (14.32%), Folate: 54.33µg (13.58%), Potassium: 424.94mg (12.14%), Vitamin B2: 0.17mg (9.77%), Zinc: 1.38mg (9.22%), Vitamin B1: 0.13mg (8.9%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.21mg (8.1%), Vitamin B5: 0.6mg (5.99%)