



Barley Risotto with Garlicky Mushrooms

READY IN



75 min.

SERVINGS



12

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups beef broth mixed with 2 hot water hot
- ☐ 12 servings chives snipped for garnish
- ☐ 0.7 cup cooking wine dry white
- ☐ 4 large garlic cloves thinly sliced
- ☐ 0.3 olive oil extra-virgin
- ☐ 1 pound oyster mushrooms sliced
- ☐ 1 ounce parmigiano-reggiano shaved for garnish
- ☐ 10 ounces pearled barley
- ☐ 12 servings pepper freshly ground

- ☐ 12 servings salt
- ☐ 1.5 cup shallots minced
- ☐ 0.5 teaspoon thyme leaves chopped

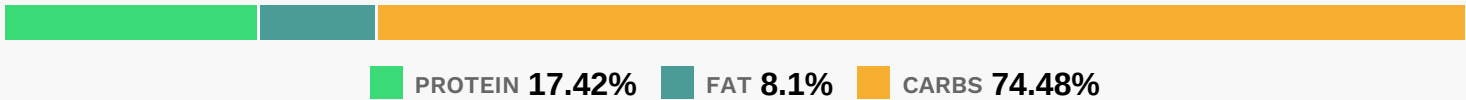
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large, deep skillet, heat the olive oil.
- ☐ Add the shallots and garlic and cook over moderately high heat, stirring constantly, until softened, about 5 minutes.
- ☐ Add the mushrooms and thyme and season with salt and pepper. Cook, stirring frequently, until tender, about 8 minutes.
- ☐ Add the barley and cook, stirring, for 1 minute.
- ☐ Add the wine and cook until absorbed, about 5 minutes.
- ☐ Add 1 cup of the hot beef broth mixture to the barley and cook over moderate heat, stirring frequently, until nearly absorbed. Continue adding the hot broth, 1 cup at a time and stirring frequently, until the barley is al dente, about 35 minutes. Season with salt and pepper and transfer to a bowl.
- ☐ Garnish with chives and the cheese shavings and serve.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:9.0739131103391%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg,

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 145.03kcal (7.25%), Fat: 1.28g (1.97%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 20.96g (7.62%), Sugar: 3.11g (3.46%), Cholesterol: 1.61mg (0.54%), Sodium: 542.61mg (23.59%), Alcohol: 1.37g (100%), Alcohol %: 0.92% (100%), Protein: 6.21g (12.42%), Manganese: 0.5mg (25.03%), Fiber: 5.58g (22.34%), Vitamin B3: 3.68mg (18.41%), Selenium: 11.51µg (16.44%), Phosphorus: 146.87mg (14.69%), Vitamin B6: 0.24mg (11.81%), Vitamin B2: 0.19mg (11.43%), Copper: 0.23mg (11.26%), Potassium: 387.37mg (11.07%), Iron: 1.7mg (9.44%), Magnesium: 36.63mg (9.16%), Folate: 32.89µg (8.22%), Vitamin B1: 0.12mg (7.75%), Vitamin B5: 0.69mg (6.85%), Zinc: 1.01mg (6.76%), Calcium: 56.53mg (5.65%), Vitamin C: 3.39mg (4.11%), Vitamin K: 3.17µg (3.02%), Vitamin D: 0.28µg (1.84%), Vitamin A: 91.1IU (1.82%), Vitamin B12: 0.08µg (1.41%)