



Barley Risotto with Julienne Chicken and Parmesan

READY IN



45 min.

SERVINGS



9

CALORIES



266 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup carrots diced
- ☐ 0.8 cup celery diced
- ☐ 6 cups chicken broth fat-free
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.8 cup leek thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 ounce parmesan cheese fresh grated

- ☐ 12 ounces pearl barley uncooked
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce skinned cut into 1/4-inch strips
- ☐ 1 thyme sprig
- ☐ 1 cup water

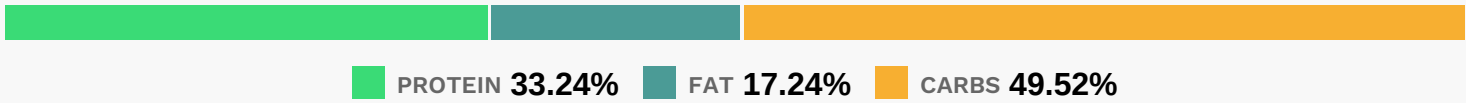
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add carrot and thyme; saut 1 minute.
- ☐ Add celery, leek, and onion; saut 1 minute.
- ☐ Add salt, pepper, and chicken; saut 5 minutes.
- ☐ Add barley; saut 1 minute.
- ☐ Add broth and water; bring to a boil. Cover, reduce heat, and simmer 40 minutes.
- ☐ Remove from heat; discard thyme sprig. Stir in parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:30.43, Glycemic Load:0.91, Inflammation Score:-9, Nutrition Score:19.909565298454%

Flavonoids

Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg, Apigenin: 5.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 266.07kcal (13.3%), Fat: 5.12g (7.87%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 26.33g (9.58%), Sugar: 1.86g (2.06%), Cholesterol: 50.53mg (16.84%), Sodium: 908.25mg (39.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.37%), Selenium: 42.65µg (60.93%), Vitamin B3: 10.68mg (53.41%), Vitamin A: 2191.96IU (43.84%), Vitamin K: 45.9µg (43.72%), Vitamin B6: 0.74mg (37%), Manganese: 0.61mg (30.61%), Phosphorus: 293.22mg (29.32%), Fiber: 6.72g (26.87%), Potassium: 529.96mg (15.14%), Magnesium: 59.24mg (14.81%), Vitamin B5: 1.46mg (14.61%), Copper: 0.24mg (11.9%), Vitamin B2: 0.18mg (10.55%), Iron: 1.86mg (10.32%), Vitamin B1: 0.15mg (10.12%), Zinc: 1.45mg (9.67%), Vitamin B12: 0.49µg (8.19%), Vitamin C: 6.48mg (7.85%), Calcium: 76.04mg (7.6%), Folate: 28.38µg (7.1%), Vitamin E: 0.56mg (3.75%)