



Barley Risotto with Roasted Winter Vegetables

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cauliflower florets chopped
- ☐ 4 cups less-sodium chicken broth fat-free divided
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 0.5 cup onion chopped
- ☐ 2.5 ounces parmigiano-reggiano cheese divided grated
- ☐ 2 cups parsnips diced
- ☐ 1.3 cups pearl barley uncooked

- ☐ 0.3 cup pecans toasted chopped
- ☐ 1.5 cups bell pepper red chopped (1 large)
- ☐ 0.3 teaspoon salt

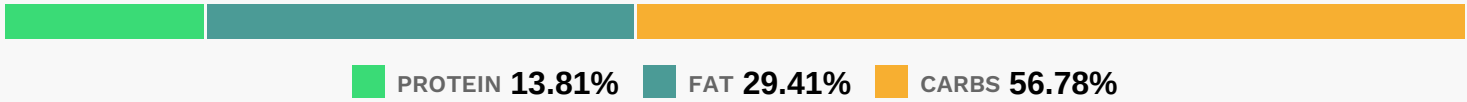
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Combine parsnip, cauliflower, bell pepper, 2 teaspoons olive oil, black pepper, and salt on a jelly-roll pan coated with cooking spray, and toss well to coat.
- ☐ Bake at 400 for 20 minutes or until lightly browned, stirring after 10 minutes.
- ☐ Heat remaining 1 teaspoon olive oil in a large saucepan over medium-high heat.
- ☐ Add onion; saut 4 minutes or until browned.
- ☐ Add 3 cups broth and barley; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until liquid is absorbed and barley is al dente.
- ☐ Add the remaining 1 cup broth, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next. Stir in parsnip mixture and 1/3 cup cheese.
- ☐ Sprinkle with the remaining 1/3 cup cheese, pecans, and parsley.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:23.256087246148%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg,

Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,
Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg
Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg
Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.67mg, Isorhamnetin:
0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol:
0.23mg, Kaempferol: 0.23mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin:
3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 318.99kcal (15.95%), Fat: 10.85g (16.7%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 47.13g (15.71%), Net
Carbohydrates: 36.12g (13.13%), Sugar: 5.8g (6.45%), Cholesterol: 8.03mg (2.68%), Sodium: 926.11mg (40.27%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Vitamin C: 74.11mg (89.83%), Manganese:
1.22mg (61.24%), Fiber: 11.02g (44.06%), Vitamin K: 41.89µg (39.9%), Selenium: 23.04µg (32.91%), Vitamin A:
1384.61IU (27.69%), Phosphorus: 268.21mg (26.82%), Folate: 83.68µg (20.92%), Calcium: 193.86mg (19.39%),
Vitamin B6: 0.38mg (19.02%), Vitamin B3: 3.74mg (18.72%), Copper: 0.36mg (18.11%), Magnesium: 71.57mg (17.89%),
Potassium: 571.39mg (16.33%), Vitamin B1: 0.22mg (14.59%), Zinc: 2mg (13.34%), Iron: 2.21mg (12.26%), Vitamin B2:
0.21mg (12.08%), Vitamin E: 1.75mg (11.64%), Vitamin B5: 1.04mg (10.35%), Vitamin B12: 0.44µg (7.41%)