



Barley Risotto with Summer Vegetables

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 ounces goat cheese crumbled
- ☐ 1 cup cut green beans ()
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup orange bell pepper finely chopped
- ☐ 1.3 cups pearl barley uncooked

- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup shallots minced
- ☐ 2 cups tomatoes peeled seeded chopped (2 medium)
- ☐ 6 cups water
- ☐ 1 cup baby squash yellow finely chopped

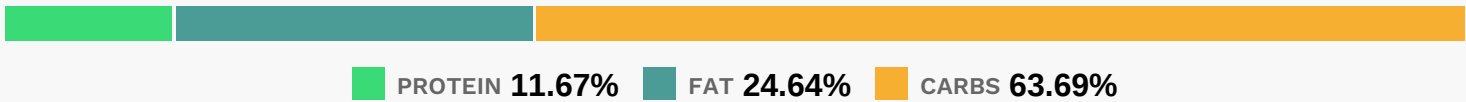
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine 6 cups water and salt in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add squash, bell pepper, and green beans to pan; saut 6 minutes or until tender. Set aside.
- ☐ Heat remaining 4 teaspoons oil in a large saucepan over medium heat.
- ☐ Add shallots and garlic to pan; cook 3 minutes, stirring frequently.
- ☐ Add barley; cook 2 minutes, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add water mixture, 1/2 cup at a time, stirring constantly until each portion of water is absorbed before adding the next (about 45 minutes total).
- ☐ Add squash mixture, and cook 2 minutes, stirring constantly.
- ☐ Remove from heat, and stir in tomato and basil. Top with the goat cheese.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.79, Inflammation Score:-8, Nutrition Score:17.036956572014%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 273.94kcal (13.7%), Fat: 7.43g (11.42%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 43.18g (14.39%), Net Carbohydrates: 33.99g (12.36%), Sugar: 6.13g (6.81%), Cholesterol: 4.35mg (1.45%), Sodium: 752.26mg (32.71%), Alcohol: 2.06g (100%), Alcohol %: 0.55% (100%), Protein: 7.91g (15.83%), Vitamin C: 46.73mg (56.65%), Manganese: 0.83mg (41.65%), Fiber: 9.19g (36.77%), Vitamin A: 1195.71IU (23.91%), Selenium: 16.63µg (23.76%), Vitamin B6: 0.45mg (22.59%), Copper: 0.39mg (19.46%), Vitamin K: 20.29µg (19.32%), Phosphorus: 169.57mg (16.96%), Magnesium: 63.4mg (15.85%), Vitamin B3: 3.08mg (15.38%), Iron: 2.73mg (15.16%), Potassium: 497.13mg (14.2%), Vitamin B2: 0.2mg (11.95%), Folate: 47.67µg (11.92%), Vitamin B1: 0.17mg (11.66%), Vitamin E: 1.75mg (11.65%), Zinc: 1.39mg (9.3%), Calcium: 81.64mg (8.16%), Vitamin B5: 0.5mg (5%)