



Barley Risotto with Wild Mushrooms

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounces cremini mushrooms sliced
- ☐ 0.5 ounce porcini mushrooms dried coarsely chopped
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh divided chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups leek thinly sliced (2 large)

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 8 ounces oyster mushrooms sliced
- ☐ 1 cup pearl barley uncooked
- ☐ 5 ounces mushroom caps stemmed sliced
- ☐ 0.8 cup vegetarian parmesan cheese grated
- ☐ 8 cups water

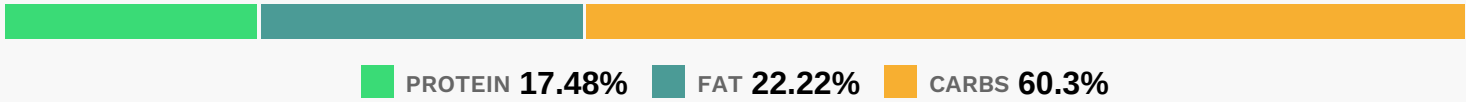
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add leek; saut 10 minutes or until tender.
- ☐ Add oyster, cremini, and shiitake mushrooms; cook 15 minutes or until tender, stirring occasionally.
- ☐ Add barley and garlic; cook 2 minutes or until toasted and fragrant, stirring frequently.
- ☐ Add wine and 1 teaspoon thyme; simmer 1 minute or until liquid is nearly absorbed.
- ☐ Add 8 cups water and porcini mushrooms. Reduce heat, and simmer 1 hour or until barley is tender and creamy, stirring frequently. Stir in cheese, salt, and pepper.
- ☐ Sprinkle with remaining 1 teaspoon thyme.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:18.946086997571%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 260.14kcal (13.01%), Fat: 6.39g (9.83%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 31.18g (11.34%), Sugar: 3.41g (3.79%), Cholesterol: 8.5mg (2.83%), Sodium: 431.6mg (18.77%), Alcohol: 2.06g (100%), Alcohol %: 0.5% (100%), Protein: 11.31g (22.63%), Manganese: 0.83mg (41.63%), Selenium: 29.14µg (41.62%), Copper: 0.68mg (33.83%), Vitamin B3: 6.29mg (31.45%), Fiber: 7.83g (31.34%), Phosphorus: 301.4mg (30.14%), Vitamin B2: 0.49mg (29.09%), Vitamin B5: 2.14mg (21.4%), Calcium: 200.73mg (20.07%), Vitamin B6: 0.37mg (18.57%), Potassium: 619.17mg (17.69%), Magnesium: 64.89mg (16.22%), Vitamin K: 16.53µg (15.75%), Zinc: 2.31mg (15.37%), Folate: 58.82µg (14.7%), Iron: 2.57mg (14.26%), Vitamin A: 649.89IU (13%), Vitamin B1: 0.18mg (12.28%), Vitamin C: 5.13mg (6.21%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.55µg (3.68%), Vitamin B12: 0.19µg (3.13%)