



HEALTH SCORE

56%

Barley, Roasted Vegetables, and Feta Salad



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 medium eggplant peeled cut into 1/2-inch-thick slices
- ☐ 5 teaspoons olive oil extravirgin
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon orange rind grated
- ☐ 1 cup pearl barley uncooked
- ☐ 2 bell peppers red cut into wedges
- ☐ 0.3 cup red wine vinegar
- ☐ 4 cups water
- ☐ 1 medium baby squash yellow halved lengthwise
- ☐ 1 medium zucchini halved lengthwise

Equipment

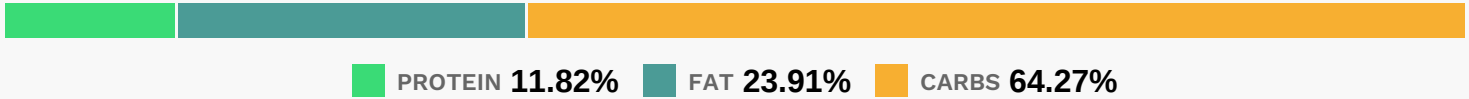
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 400
- ☐ To prepare salad, bring 4 cups water to a boil in a large saucepan.
- ☐ Add barley. Cover, reduce heat, and simmer 45 minutes or until tender.
- ☐ Let stand, covered, 5 minutes. Spoon barley into large bowl.
- ☐ Place peppers and eggplant on one jelly-roll pan coated with cooking spray; place zucchini and squash in another jelly-roll pan coated with cooking spray. Coat vegetables with cooking spray; sprinkle with 1/4 teaspoon salt and black pepper.
- ☐ Place pan with squash on top rack in the oven and pan with eggplant on middle rack.
- ☐ Bake at 400 for 12 minutes or until squash and zucchini are tender.
- ☐ Remove pan with squash, and move pan with eggplant to top rack.
- ☐ Bake peppers and eggplant an additional 8 minutes or until tender. Cool.

- ☐ Cut vegetables into 1/2-inch pieces.
- ☐ Add vegetables, parsley, and next 4 ingredients (through garlic) to barley; toss gently.
- ☐ To prepare dressing, combine vinegar, oil, and 1/2 teaspoon salt, stirring well with a whisk.
- ☐ Add dressing to barley mixture; toss.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:19.804347959555%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 215.88kcal (10.79%), Fat: 5.98g (9.2%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 26.85g (9.76%), Sugar: 6.19g (6.88%), Cholesterol: 7.42mg (2.47%), Sodium: 406.34mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin C: 68.72mg (83.3%), Vitamin K: 51.04µg (48.61%), Manganese: 0.84mg (42.07%), Fiber: 9.32g (37.29%), Vitamin A: 1735.17IU (34.7%), Vitamin B6: 0.44mg (22.21%), Selenium: 14.37µg (20.53%), Folate: 68.97µg (17.24%), Potassium: 564.45mg (16.13%), Phosphorus: 160.91mg (16.09%), Vitamin B2: 0.26mg (15.1%), Magnesium: 60.2mg (15.05%), Vitamin B3: 2.89mg (14.43%), Copper: 0.29mg (14.32%), Vitamin B1: 0.16mg (10.95%), Iron: 1.84mg (10.2%), Vitamin E: 1.46mg (9.71%), Zinc: 1.45mg (9.69%), Calcium: 87.26mg (8.73%), Vitamin B5: 0.66mg (6.58%), Vitamin B12: 0.14µg (2.35%)