

health-score 67%

Barley Salad

Very Healthy

READY IN

ready

62 min.

SERVINGS

servings

6

CALORIES

calories

544 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 cups barley cooled cooked
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup bacon crumbled cooked
- ☐ 1 small head fennel bulb julienned
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons orange juice freshly squeezed

- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.3 cup pinenuts toasted

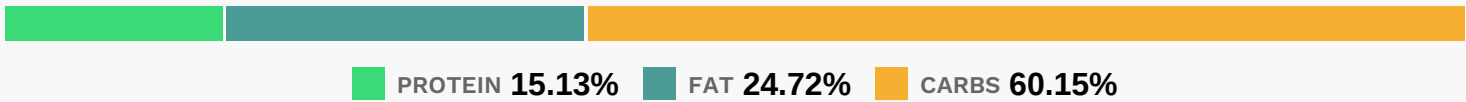
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a small bowl, whisk together the orange juice and a pinch of kosher salt.
- ☐ Add the olive oil and whisk to combine. Set aside.
- ☐ Combine the barley, fennel, pine nuts, Parmesan, bacon and parsley in a large mixing bowl.
- ☐ Add the dressing and stir to combine. Season, to taste, with the salt and pepper.
- ☐ Serve immediately or allow to sit in the refrigerator for up to 1 hour.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:22.92, Inflammation Score:-7, Nutrition Score:28.625217257634%

Flavonoids

Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 544.42kcal (27.22%), Fat: 15.44g (23.75%), Saturated Fat: 4.12g (25.72%), Carbohydrates: 84.52g (28.17%), Net Carbohydrates: 64.45g (23.43%), Sugar: 3.33g (3.69%), Cholesterol: 20.71mg (6.9%), Sodium: 656.34mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.53%), Manganese: 2.68mg (133.94%), Fiber:

20.07g (80.29%), Selenium: 43.71µg (62.44%), Vitamin K: 54.88µg (52.26%), Vitamin B1: 0.73mg (48.59%), Magnesium: 168.2mg (42.05%), Phosphorus: 390.41mg (39.04%), Copper: 0.65mg (32.25%), Vitamin B3: 5.5mg (27.49%), Iron: 4.63mg (25.75%), Zinc: 3.8mg (25.3%), Vitamin B2: 0.36mg (21.41%), Potassium: 721.32mg (20.61%), Vitamin B6: 0.38mg (18.83%), Vitamin E: 2.09mg (13.95%), Calcium: 132.48mg (13.25%), Vitamin C: 10.75mg (13.03%), Folate: 37.93µg (9.48%), Vitamin A: 279.45IU (5.59%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.11µg (1.88%)