



Barley Salad With Almonds And Apricots

 Vegetarian

READY IN



85 min.

SERVINGS



12

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds sliced
- 1 tablespoon canola oil
- 0.8 cup apricots dried sliced
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 0.5 teaspoon ground turmeric
- 2 tablespoons honey

- 1 juice of lemon juiced
- 1 cup yogurt plain low-fat
- 1.5 cups pearl barley
- 1 onion red thinly sliced
- 0.5 teaspoon salt
- 4.5 cups water

Equipment

- bowl
- frying pan
- sauce pan
- sieve

Directions

- Rinse barley in a fine sieve. Bring water to a boil in a heavy saucepan. Stir in the barley, and return to a boil. Cover, and reduce heat. Simmer until water is absorbed, about 45 to 50 minutes. Cool to room temperature.
- Pour oil into a small skillet, and place over medium heat.
- Add onion, and saute until golden brown.
- In a serving dish, combine barley, onion, apricots, almonds, and parsley. Toss.
- In a small bowl, mix together yogurt, honey, lemon juice, cinnamon, turmeric, salt, and nutmeg.
- Pour over the barley mixture ,and toss well to combine.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.56, Glycemic Load:3.25, Inflammation Score:-7, Nutrition Score:7.999999984451%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg, Isorhamnetin: 0.56mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 168.99kcal (8.45%), Fat: 3.79g (5.83%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 25.66g (9.33%), Sugar: 9.5g (10.56%), Cholesterol: 1.23mg (0.41%), Sodium: 119.68mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Manganese: 0.48mg (23.89%), Fiber: 5.24g (20.98%), Selenium: 10.52µg (15.03%), Vitamin K: 12.68µg (12.08%), Phosphorus: 112.7mg (11.27%), Vitamin E: 1.56mg (10.42%), Copper: 0.2mg (9.86%), Magnesium: 38.89mg (9.72%), Vitamin B3: 1.56mg (7.78%), Potassium: 264.37mg (7.55%), Vitamin B2: 0.13mg (7.47%), Vitamin A: 365.6IU (7.31%), Calcium: 66.64mg (6.66%), Iron: 1.12mg (6.23%), Zinc: 0.91mg (6.09%), Vitamin B6: 0.11mg (5.36%), Vitamin B1: 0.07mg (4.78%), Folate: 13.92µg (3.48%), Vitamin C: 2.82mg (3.42%), Vitamin B5: 0.27mg (2.71%), Vitamin B12: 0.11µg (1.91%)