



## Barley Salad with Asparagus and Arugula

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 cups arugula trimmed
- 0.5 pound asparagus spears thin
- 1 teaspoon pepper black freshly ground
- 2 teaspoons dijon mustard
- 1.5 cups grape tomatoes halved
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 2.3 ounces part-skim mozzarella cheese smoked diced

- 1 cup quick-cooking barley uncooked
- 0.5 cup onion red chopped
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 2 cups water

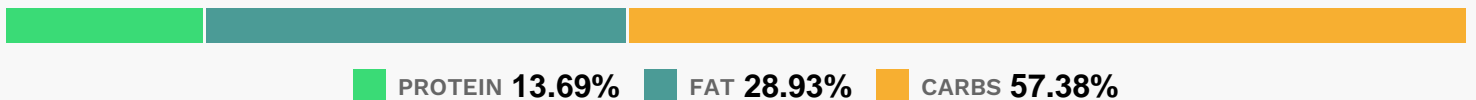
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Snap off tough ends of asparagus; discard.
- Cut asparagus into 2-inch pieces.
- Bring 2 cups water to a boil in a large nonstick skillet.
- Add asparagus; cook 1 minute or until bright green and crisp-tender.
- Drain and plunge into ice water; drain.
- Cook barley according to package directions, omitting salt and fat.
- While barley cooks, combine olive oil and next 5 ingredients in a small bowl; stir well with a whisk.
- Drain barley. Rinse under cold water; drain.
- Combine asparagus, barley, arugula, and next 3 ingredients in a large bowl.
- Add dressing; toss gently to coat.
- Serve at room temperature or chilled.

## Nutrition Facts



## Properties

Glycemic Index:32.17, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:12.241739136369%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg, Isorhamnetin: 3.04mg Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg, Kaempferol: 2.39mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.62mg, Quercetin: 8.62mg, Quercetin: 8.62mg

## Nutrients (% of daily need)

Calories: 210.34kcal (10.52%), Fat: 6.99g (10.76%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 24.29g (8.83%), Sugar: 2.9g (3.22%), Cholesterol: 6.8mg (2.27%), Sodium: 289.98mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Manganese: 0.63mg (31.5%), Fiber: 6.92g (27.67%), Vitamin K: 28.45µg (27.1%), Selenium: 15.64µg (22.34%), Phosphorus: 161.08mg (16.11%), Vitamin A: 776.75IU (15.53%), Vitamin C: 10.92mg (13.24%), Copper: 0.26mg (13.24%), Calcium: 122.32mg (12.23%), Magnesium: 44.51mg (11.13%), Iron: 1.98mg (11%), Vitamin B3: 2.19mg (10.93%), Folate: 42.42µg (10.61%), Vitamin B1: 0.15mg (9.76%), Vitamin B6: 0.18mg (9.12%), Potassium: 318.93mg (9.11%), Vitamin E: 1.36mg (9.09%), Zinc: 1.34mg (8.96%), Vitamin B2: 0.14mg (8.29%), Vitamin B5: 0.29mg (2.94%), Vitamin B12: 0.09µg (1.45%)