



Barley Soup with Greens, Fennel, Lemon, and Dill



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



145 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups swiss chard stemmed coarsely chopped (one 7-ounce bunch)
- ☐ 0.5 cup fennel bulb fresh chopped
- ☐ 7 ounce feta cheese crumbled
- ☐ 0.5 cup optional: dill fresh chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.8 cup spring onion sliced
- ☐ 8 cups kale stemmed coarsely chopped (one 7-ounce bunch)

- ☐ 1 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for drizzling
- ☐ 3 cups onion chopped
- ☐ 1 teaspoon sea salt for sprinkling fine (scant)
- ☐ 5 ounces pkt spinach
- ☐ 4 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring 4 cups water, 2 cups broth, barley, and 1 scant teaspoon sea salt to boil in large pot. Reduce heat to medium-low, cover, and simmer until tender, about 40 minutes.
- ☐ Meanwhile, heat 2 tablespoons oil in heavy medium skillet over medium-high heat.
- ☐ Add onions, sprinkle with sea salt, and sauté until golden brown, stirring often, about 15 minutes.
- ☐ Add sautéed onions and remaining 6 cups broth to pot with barley. DO AHEAD: Can be made 1 day ahead. Cool, cover, and chill. Rewarm before continuing.
- ☐ Add kale and chard to soup. Simmer until greens are tender, about 15 minutes.
- ☐ Add spinach, green onions, dill, fennel fronds, and mint; simmer 5 minutes.
- ☐ Add 1 tablespoon lemon juice. Season soup with sea salt, pepper, and additional lemon juice, thinning with more broth, if desired.
- ☐ Divide soup among bowls.
- ☐ Sprinkle feta cheese over, drizzle with oil, and serve.
- ☐ This soup calls for fennel fronds, the vegetable's green, wispy tops. Shop for fresh fennel at farmers' markets, where the tops are usually left on, or ask your produce manager to put aside a few untrimmed fennel bulbs for you.
- ☐ Bon Appétit

Nutrition Facts

 **PROTEIN 16.23%**  **FAT 55.4%**  **CARBS 28.37%**

Properties

Glycemic Index:30.25, Glycemic Load:2.05, Inflammation Score:-10, Nutrition Score:21.273478142593%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 9.24mg, Isorhamnetin: 9.24mg, Isorhamnetin: 9.24mg, Isorhamnetin: 9.24mg Kaempferol: 13.43mg, Kaempferol: 13.43mg, Kaempferol: 13.43mg, Kaempferol: 13.43mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 20.86mg, Quercetin: 20.86mg, Quercetin: 20.86mg, Quercetin: 20.86mg

Nutrients (% of daily need)

Calories: 144.9kcal (7.25%), Fat: 9.41g (14.48%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 10.85g (3.62%), Net Carbohydrates: 7.52g (2.73%), Sugar: 3.56g (3.96%), Cholesterol: 22.08mg (7.36%), Sodium: 671.21mg (29.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin K: 417.19µg (397.33%), Vitamin A: 5923.79IU (118.48%), Vitamin C: 43.37mg (52.57%), Manganese: 0.57mg (28.3%), Calcium: 244.7mg (24.47%), Vitamin B2: 0.38mg (22.32%), Folate: 84.9µg (21.22%), Magnesium: 60.73mg (15.18%), Phosphorus: 143.29mg (14.33%), Vitamin B6: 0.29mg (14.32%), Fiber: 3.33g (13.33%), Potassium: 460.02mg (13.14%), Iron: 2.08mg (11.56%), Vitamin E: 1.66mg (11.03%), Vitamin B1: 0.12mg (8.24%), Zinc: 1.2mg (7.99%), Copper: 0.16mg (7.76%), Vitamin B12: 0.42µg (6.99%), Selenium: 4.73µg (6.75%), Vitamin B3: 0.96mg (4.82%), Vitamin B5: 0.43mg (4.31%)