



HEALTH SCORE

84%

Barley, Vegetable, and Fruit Medley



Dairy Free



Very Healthy

READY IN



32 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.8 cup fruit mixed dried diced
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce vegetable seasoning blend frozen thawed

- ☐ 2.3 cups vegetable broth fat-free low-sodium divided
- ☐ 2 teaspoons vegetable oil

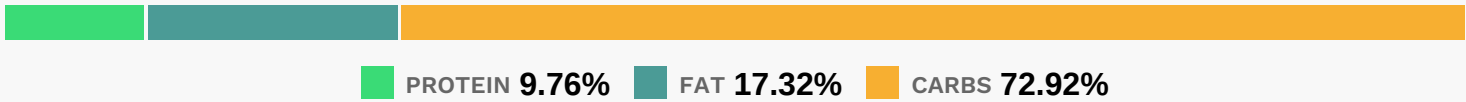
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 2 cups chicken broth, pepper, and next 3 ingredients to a boil in a large saucepan; stir in barley, and simmer 10 to 12 minutes or until barley is tender and liquid is absorbed.
- ☐ Remove pan from heat.
- ☐ Saut vegetable blend in hot oil in a large skillet over medium-high heat 10 minutes or until vegetables are lightly browned. Stir in cooked barley, dried mixed fruit, and remaining 1/4 cup chicken broth.
- ☐ Sprinkle evenly with chopped toasted pecans, and serve immediately.
- ☐ *1 onion, chopped; half each of a green and red bell pepper, chopped; and 1 celery rib, chopped may be substituted.
- ☐ Note: Vegetable seasoning blend contains chopped red and green bell peppers, onions, and celery and is found in the frozen foods section. For testing purposes only, we used SunMaid Fruit
- ☐ Bits for dried mixed fruit.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:37.045651871225%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg

Nutrients (% of daily need)

Calories: 288.08kcal (14.4%), Fat: 6.58g (10.13%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 33.32g (12.12%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 89.51mg (3.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Vitamin K: 356.57µg (339.59%), Manganese: 3.37mg (168.32%), Iron: 21.71mg (120.63%), Fiber: 29.05g (116.21%), Calcium: 922.66mg (92.27%), Vitamin E: 10.52mg (70.13%), Magnesium: 180.22mg (45.05%), Folate: 141.41µg (35.35%), Vitamin B6: 0.67mg (33.47%), Copper: 0.52mg (26.08%), Potassium: 827.24mg (23.64%), Vitamin B2: 0.34mg (19.78%), Vitamin A: 974.39IU (19.49%), Vitamin B3: 3.85mg (19.26%), Selenium: 12.15µg (17.36%), Phosphorus: 152.33mg (15.23%), Zinc: 2.26mg (15.04%), Vitamin B1: 0.18mg (11.76%), Vitamin B5: 0.64mg (6.43%), Vitamin C: 1.41mg (1.71%)