



HEALTH SCORE

100%

Barley-Vegetable Sauté



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 cups barley cooked



2 teaspoons butter



16 ounces corn whole frozen thawed



2 tablespoons thyme sprigs dried fresh chopped



1 garlic clove crushed



10 ounces lima beans *soaked overnight frozen thawed



1 cup onion chopped



0.5 teaspoon salt

☐ 1 cup bell pepper red yellow chopped

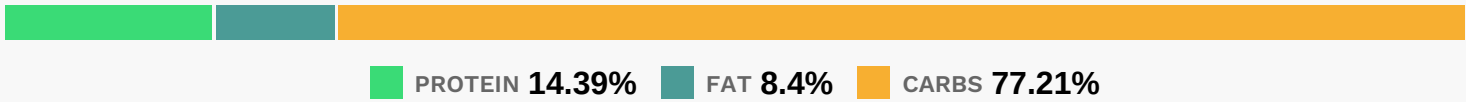
Equipment

☐ frying pan

Directions

- ☐ Melt butter in 10-inch skillet over medium-high heat.
- ☐ Cook onion, bell pepper and garlic in butter about 2 minutes, stirring occasionally, until bell pepper is crisp-tender.
- ☐ Stir in remaining ingredients. Cook about 5 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:41.37, Inflammation Score:-10, Nutrition Score:44.694347694192%

Flavonoids

Catechin: 4.4mg, Catechin: 4.4mg, Catechin: 4.4mg, Catechin: 4.4mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg, Luteolin: 1.97mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 865.46kcal (43.27%), Fat: 8.32g (12.79%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 171.98g (57.33%), Net Carbohydrates: 133.67g (48.61%), Sugar: 5.23g (5.81%), Cholesterol: 0mg (0%), Sodium: 525.38mg (22.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.08%), Manganese: 4.17mg (208.65%), Fiber: 38.31g (153.26%), Selenium: 72.98µg (104.25%), Vitamin C: 79.08mg (95.86%), Vitamin B1: 1.35mg (90.13%), Magnesium: 302.01mg (75.5%), Phosphorus: 636.9mg (63.69%), Copper: 1.2mg (59.77%), Iron: 9.45mg (52.49%), Vitamin B3: 10.1mg (50.51%), Potassium: 1486.06mg (42.46%), Zinc: 6.29mg (41.94%), Vitamin B6: 0.83mg (41.58%), Vitamin B2: 0.62mg (36.4%), Folate: 145.58µg (36.39%), Calcium: 104.8mg (10.48%), Vitamin B5: 0.95mg (9.51%), Vitamin E: 1.26mg (8.42%), Vitamin A: 371.56IU (7.43%), Vitamin K: 5.64µg (5.37%)