



Barley with Pinto Beans, Tomatoes, and Mushrooms

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups barley hot cooked
- 15.5 ounce pinto beans rinsed drained canned
- 14.5 ounce canned tomatoes diced with mild green chiles canned
- 4 teaspoons cilantro leaves fresh minced
- 2 garlic cloves minced
- 1 ounce pre-shredded monterey jack cheese
- 2 teaspoons olive oil

- 0.5 cup onion finely chopped
- 0.8 teaspoon oregano dried
- 0.1 teaspoon pepper
- 6 ounce pre- portobello mushrooms coarsely chopped
- 0.3 teaspoon salt
- 1 tablespoon tomato paste
- 1 cup vegetable broth

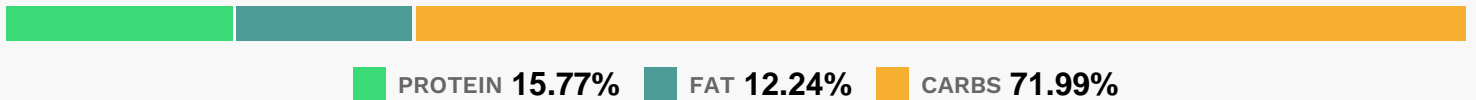
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- Add onion and mushrooms; saut 6 minutes.
- Add beans, tomatoes, and next 6 ingredients; stir well. Bring to a boil. Cover, reduce heat, and simmer 10 minutes, stirring occasionally.
- Serve tomato mixture over barley, and sprinkle evenly with cilantro and cheese.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:27.12, Inflammation Score:-9, Nutrition Score:33.207826033882%

Flavonoids

Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 519.74kcal (25.99%), Fat: 7.38g (11.35%), Saturated Fat: 2.29g (14.3%), Carbohydrates: 97.64g (32.55%), Net Carbohydrates: 73.45g (26.71%), Sugar: 9.34g (10.38%), Cholesterol: 6.31mg (2.1%), Sodium: 900.64mg

(39.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.77%), Manganese: 2.45mg (122.28%), Fiber: 24.19g (96.75%), Selenium: 44.78µg (63.98%), Vitamin B1: 0.77mg (51.34%), Copper: 0.98mg (48.93%), Phosphorus: 466.34mg (46.63%), Magnesium: 186.28mg (46.57%), Vitamin B3: 7.88mg (39.4%), Iron: 6.79mg (37.73%), Potassium: 1262.58mg (36.07%), Vitamin B6: 0.65mg (32.6%), Zinc: 3.97mg (26.45%), Vitamin B2: 0.43mg (25.39%), Vitamin E: 3mg (19.99%), Folate: 75.67µg (18.92%), Calcium: 186.28mg (18.63%), Vitamin C: 13.08mg (15.86%), Vitamin K: 14.46µg (13.78%), Vitamin B5: 1.24mg (12.38%), Vitamin A: 495.83IU (9.92%), Vitamin B12: 0.08µg (1.33%), Vitamin D: 0.17µg (1.13%)