



Barley with Shiitakes and Spinach

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 10.5 ounce beef consomme canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 3 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 3 tablespoons parmesan fresh grated
- ☐ 0.8 cup quick-cooking barley uncooked

- ☐ 1.3 pounds mushroom caps sliced
- ☐ 8 cups pkt spinach
- ☐ 0.3 cup water

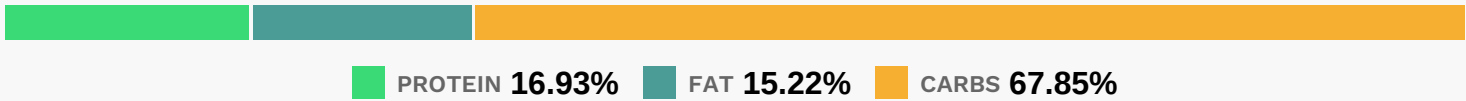
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, rosemary, and garlic; saut for 3 minutes or until onion is tender.
- ☐ Add mushrooms; saut for 6 minutes or until tender. Stir in barley, 1/3 cup water, and consomm; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until the barley is tender.
- ☐ Add spinach, cheese, and pepper; cook 3 minutes or until spinach wilts, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:23.252608719079%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 167.53kcal (8.38%), Fat: 3.04g (4.67%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 22.79g (8.29%), Sugar: 3.78g (4.2%), Cholesterol: 1.7mg (0.57%), Sodium: 268.99mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.19%), Vitamin K: 194.86µg (185.58%), Vitamin A: 3777.21IU (75.54%), Manganese: 0.98mg (49.12%), Fiber: 7.65g (30.61%), Vitamin B3: 5.54mg (27.7%), Folate: 101.95µg (25.49%), Vitamin B6: 0.48mg (23.91%), Selenium: 16.47µg (23.53%), Phosphorus: 214.65mg (21.47%), Vitamin B2: 0.34mg (19.82%), Magnesium: 75.68mg (18.92%), Potassium: 655.71mg (18.73%), Vitamin C: 13.69mg (16.59%), Vitamin B5: 1.58mg (15.78%), Copper: 0.31mg (15.51%), Iron: 2.3mg (12.78%), Zinc: 1.85mg (12.35%),

Calcium: 91.05mg (9.1%), Vitamin B1: 0.11mg (7.37%), Vitamin E: 1.02mg (6.81%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.06µg (1.08%)