



Barley with Shiitakes and Spinach

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 8 cups bagged baby spinach leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon rosemary dried chopped
- ☐ 3 garlic cloves minced
- ☐ 14 ounce less-sodium beef broth fat-free canned
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 3 tablespoons parmesan cheese shredded

- ☐ 0.8 cup quick-cooking barley uncooked
- ☐ 1.3 pounds shiitake mushroom caps sliced

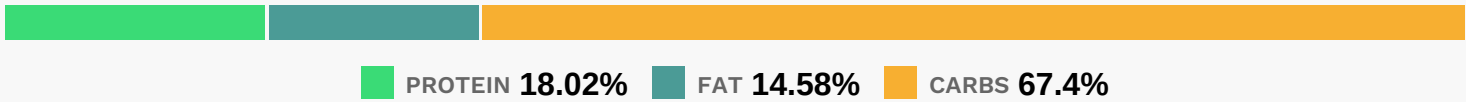
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add onion, rosemary, and garlic; saut 3 minutes.
- ☐ Add mushrooms; cook 8 minutes or until vegetables are tender, stirring occasionally.
- ☐ Stir in barley and broth. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until barley is tender.
- ☐ Add spinach, cheese, and pepper; cover and cook 2 minutes or until spinach wilts, stirring frequently.
- ☐ For baby: Omit black pepper.
- ☐ Serve the barley mixture in a small bowl.
- ☐ Cut the mushrooms and spinach into bite-sized pieces, if needed.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:23.106521772302%

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: 168.19kcal (8.41%), Fat: 2.93g (4.5%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 22.77g (8.28%), Sugar: 3.78g (4.2%), Cholesterol: 1.7mg (0.57%), Sodium: 205.04mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Vitamin K: 194.86µg (185.58%), Vitamin A: 3777.21IU (75.54%), Manganese: 0.98mg (48.87%), Fiber: 7.65g (30.61%), Vitamin B3: 5.15mg (25.77%), Folate: 100.96µg (25.24%), Vitamin B6: 0.47mg (23.66%), Selenium: 16.12µg (23.04%), Potassium: 761.22mg (21.75%), Phosphorus: 208.2mg (20.82%), Vitamin B2: 0.33mg (19.21%), Magnesium: 74.55mg (18.64%), Vitamin C: 13.69mg (16.59%), Vitamin B5: 1.57mg (15.68%), Copper: 0.31mg (15.4%), Zinc: 1.85mg (12.34%), Iron: 2.22mg (12.31%), Calcium: 87.68mg (8.77%), Vitamin B1: 0.11mg (7.3%), Vitamin E: 1.02mg (6.81%), Vitamin D: 0.39µg (2.6%)