



Barley with Sweet Red Pepper and Peas



Vegetarian



Dairy Free

READY IN



26 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon basil dried
- ☐ 2.3 cups less-sodium chicken broth fat-free
- ☐ 1 teaspoon olive oil
- ☐ 1 cup peas green frozen thawed
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.5 cup bell pepper red chopped

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0.3 teaspoon salt

Equipment

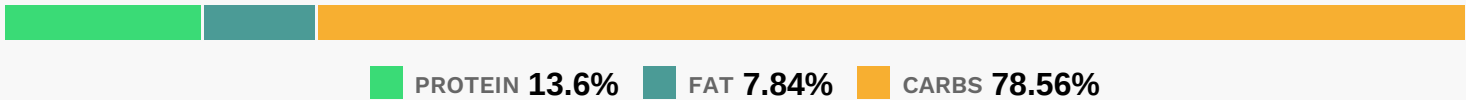
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sauce pan

Directions

- ☐ Heat oil in a large saucepan coated with cooking spray over medium heat.
- ☐ Add celery and bell pepper; saut 5 minutes.
- ☐ Add broth, and bring to a boil.
- ☐ Add barley and next 3 ingredients; stir well. Cover, reduce heat, and simmer 15 to 17 minutes or until barley is tender. Stir in peas; remove from heat. Cover and let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:10.620000041049%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 151.04kcal (7.55%), Fat: 1.36g (2.09%), Saturated Fat: 0.2g (1.27%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 23.56g (8.57%), Sugar: 2.41g (2.67%), Cholesterol: 0mg (0%), Sodium: 469.47mg (20.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Vitamin C: 25.82mg (31.3%), Manganese: 0.59mg (29.29%), Fiber: 7.01g (28.06%), Selenium: 14.99µg (21.42%), Vitamin B3: 2.69mg (13.43%), Vitamin A: 619.61IU (12.39%), Phosphorus: 115.02mg (11.5%), Vitamin K: 11.7µg (11.14%), Copper: 0.21mg (10.34%), Magnesium: 38.27mg (9.57%), Vitamin B1: 0.14mg (9.51%), Vitamin B6: 0.18mg (9.17%), Folate: 33.26µg (8.32%), Iron: 1.47mg (8.14%), Zinc: 1.08mg (7.17%), Potassium: 229.64mg (6.56%), Vitamin B2: 0.1mg (6.17%), Vitamin B12: 0.18µg (2.94%), Vitamin B5: 0.29mg (2.86%), Calcium: 25.59mg (2.56%), Vitamin E: 0.36mg (2.42%)