



Bean and Barley Soup



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon soybean oil



2 small onion sliced



2 cloves garlic chopped



1 teaspoon ground cumin



0.5 cup quick-cooking barley uncooked



15 ounces garbanzo beans undrained canned



15 ounces black beans rinsed drained canned



14.5 ounces canned tomatoes undrained canned

- ☐ 9 ounces baby lima beans frozen
- ☐ 3 cups water
- ☐ 2 tablespoons cilantro leaves fresh chopped

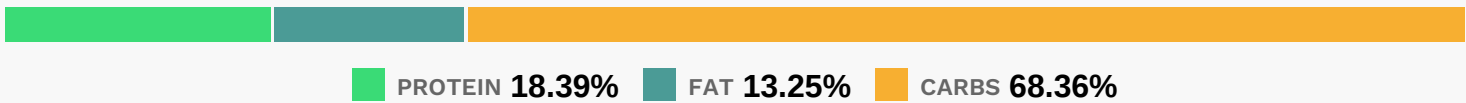
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in 4-quart Dutch oven over medium heat. Cook onions, garlic and cumin in oil about 3 minutes, stirring occasionally, until onions are crisp-tender.
- ☐ Stir in remaining ingredients except cilantro.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer about 10 minutes or until lima beans are tender. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:5.5, Inflammation Score:-7, Nutrition Score:22.666086818861%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 354.87kcal (17.74%), Fat: 5.44g (8.36%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 63.12g (21.04%), Net Carbohydrates: 45.22g (16.44%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 709.05mg (30.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.95%), Manganese: 1.74mg (86.86%), Fiber: 17.9g (71.61%), Vitamin B6: 0.76mg (37.82%), Copper: 0.63mg (31.71%), Iron: 5.71mg (31.7%), Phosphorus: 295.5mg (29.55%), Magnesium: 116.51mg (29.13%), Potassium: 965.63mg (27.59%), Folate: 108.21µg (27.05%), Vitamin B1: 0.32mg (21.48%), Vitamin C: 16.7mg (20.24%), Selenium: 12.24µg (17.49%), Vitamin B3: 3.15mg (15.73%), Zinc: 2.11mg (14.08%), Vitamin B2: 0.23mg (13.48%), Calcium: 127.85mg (12.78%), Vitamin K: 10.45µg (9.95%), Vitamin E: 1.28mg (8.52%), Vitamin B5: 0.83mg (8.34%), Vitamin A: 310.31IU (6.21%)