



WHATSheATE



HEALTH SCORE

93%

Bean and Barley Soup



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 cup pinto beans dried
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 cup flat-leaf parsley fresh finely chopped
- ☐ 0.5 teaspoon hot sauce

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 0.3 cup pearl barley uncooked
- ☐ 2 cups onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups vegetable broth organic (such as Swanson Certified)
- ☐ 9 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour.
- ☐ Drain beans. Wipe pan dry with a paper towel.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add onion, parsley, celery, carrot, and basil; cook 3 minutes, stirring frequently.
- ☐ Add beans, 9 cups water, vegetable broth, and bay leaves; bring to a boil. Reduce heat, and simmer 1 hour and 15 minutes or until beans are tender. Discard bay leaves.
- ☐ Place 3/4 cup beans and 3/4 cup cooking liquid in a blender; process until smooth. Return pureed bean mixture to pan. Stir in barley, salt, pepper, and hot sauce; bring to a boil. Reduce heat, and simmer 30 minutes or until barley is done. Ladle soup into individual bowls; sprinkle with cheese.

Nutrition Facts



 PROTEIN **17.84%**  FAT **14.4%**  CARBS **67.76%**

Properties

Glycemic Index:87.71, Glycemic Load:11.96, Inflammation Score:-10, Nutrition Score:30.173912922325%

Flavonoids

Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg, Catechin: 2.45mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 32.69mg, Apigenin: 32.69mg, Apigenin: 32.69mg, Apigenin: 32.69mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg, Quercetin: 16.48mg

Nutrients (% of daily need)

Calories: 319.97kcal (16%), Fat: 5.22g (8.04%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 55.33g (18.44%), Net Carbohydrates: 42.62g (15.5%), Sugar: 6.63g (7.37%), Cholesterol: 1.7mg (0.57%), Sodium: 880.85mg (38.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Vitamin K: 270.22µg (257.35%), Vitamin A: 4431.83IU (88.64%), Folate: 305.11µg (76.28%), Fiber: 12.71g (50.84%), Manganese: 1.01mg (50.46%), Vitamin C: 31.18mg (37.8%), Copper: 0.67mg (33.37%), Magnesium: 125.76mg (31.44%), Selenium: 20.81µg (29.73%), Phosphorus: 295.21mg (29.52%), Vitamin B1: 0.44mg (29.41%), Potassium: 1018.27mg (29.09%), Iron: 4.22mg (23.44%), Vitamin B6: 0.42mg (21.11%), Calcium: 161.45mg (16.14%), Zinc: 1.96mg (13.06%), Vitamin B2: 0.19mg (10.92%), Vitamin B3: 1.86mg (9.3%), Vitamin B5: 0.68mg (6.81%), Vitamin E: 0.91mg (6.06%)