



Bean-and-Barley Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 28.5 ounce chicken broth fat-free canned
- ☐ 2 cups baby lima beans frozen
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon olive oil

- ☐ 1 cup onion chopped
- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 pound turkey sausage smoked cut into 1/2-inch cubes
- ☐ 1.8 cups water

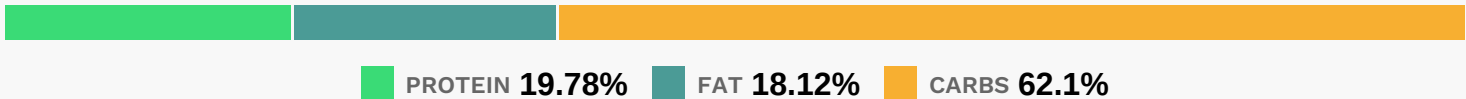
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion, carrot, celery, and garlic; saut 5 minutes.
- ☐ Add barley and sausage; saut 4 minutes.
- ☐ Add beans, water, pepper, broth, and tomatoes; bring to a boil. Reduce heat, and simmer, uncovered, 45 minutes.
- ☐ Remove from heat; stir in hot sauce.

Nutrition Facts



Properties

Glycemic Index:34.31, Glycemic Load:2.77, Inflammation Score:-10, Nutrition Score:17.772608611895%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 230.28kcal (11.51%), Fat: 4.81g (7.41%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 28.72g (10.44%), Sugar: 5.62g (6.24%), Cholesterol: 14.17mg (4.72%), Sodium: 818.2mg (35.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Vitamin A: 3871.59IU (77.43%), Manganese: 0.84mg (42.2%), Fiber: 8.4g (33.6%), Vitamin B6: 0.41mg (20.73%), Potassium: 718.56mg (20.53%), Vitamin B3: 4.06mg (20.3%), Vitamin C: 15.33mg (18.58%), Phosphorus: 182.73mg (18.27%), Copper: 0.34mg (17.24%), Iron: 3.1mg (17.21%), Magnesium: 66.32mg (16.58%), Selenium: 11.14µg (15.91%), Vitamin B1: 0.2mg (13.32%), Vitamin B2: 0.19mg (11.41%), Zinc: 1.62mg (10.78%), Folate: 42.55µg (10.64%), Vitamin K: 10.88µg (10.37%), Vitamin E: 1.39mg (9.27%), Vitamin B12: 0.51µg (8.58%), Vitamin B5: 0.81mg (8.13%), Calcium: 76.89mg (7.69%)