



Beef and Barley Soup

 Dairy Free

READY IN



590 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5.3 cups beef broth flavored progresso® (from two 32-oz containers)
- 1.5 lb stew meat
- 14.5 oz tomatoes diced undrained canned
- 1.5 cups carrots sliced
- 0.7 cup corn whole green frozen thawed giant® niblets®
- 2 cloves garlic finely chopped
- 1 cup onion chopped
- 0.7 cup quick-cooking barley uncooked

- 1 cup peas sweet green frozen thawed giant®
- 0.5 teaspoon pepper
- 0.5 teaspoon salt

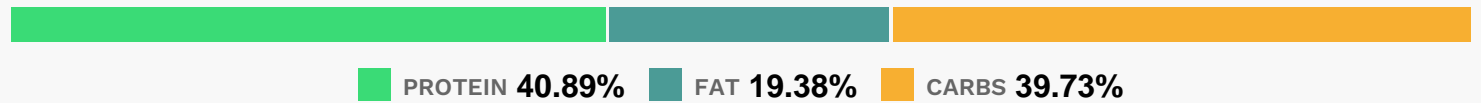
Equipment

- slow cooker

Directions

- Spray 5- to 6-quart slow cooker with cooking spray. In cooker, mix all ingredients except peas.
- Cover; cook on Low heat setting 9 to 10 hours.
- Stir in peas. Increase heat setting to High. Cover; cook 20 to 30 minutes longer or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:1.96, Inflammation Score:-10, Nutrition Score:21.497826182324%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 240.7kcal (12.03%), Fat: 5.16g (7.94%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 18.6g (6.76%), Sugar: 4.38g (4.86%), Cholesterol: 52.73mg (17.58%), Sodium: 892.64mg (38.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.5g (49.01%), Vitamin A: 4213.03IU (84.26%), Selenium: 31.56µg (45.08%), Vitamin B3: 8.85mg (44.25%), Vitamin B6: 0.77mg (38.45%), Phosphorus: 290.17mg (29.02%), Zinc: 4.33mg (28.85%), Vitamin B12: 1.68µg (28.06%), Manganese: 0.46mg (22.89%), Fiber: 5.21g (20.83%), Potassium: 687.76mg (19.65%), Iron: 3.37mg (18.72%), Vitamin C: 15.37mg (18.63%), Vitamin B2: 0.26mg (15.45%), Vitamin B1: 0.21mg (14.26%), Magnesium: 55.02mg (13.76%), Copper: 0.25mg (12.36%), Folate: 45.96µg (11.49%),

Vitamin K: 10.84µg (10.32%), Calcium: 65.67mg (6.57%), Vitamin B5: 0.63mg (6.25%), Vitamin E: 0.8mg (5.3%)