



Beef and Barley Soup II

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce barley
- 1 cup beef diced cooked
- 2 quarts beef stock
- 6 servings pepper black to taste

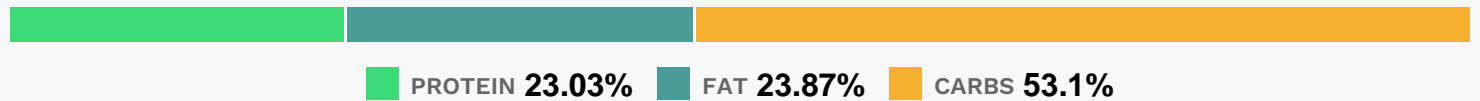
Equipment

- pot

Directions

- In a large stock pot bring beef stock to a gentle boil.
- Add beef and barley, reduce to simmer, cover and cook at least 1 hour.
- Check the barley, as to how soft it is. You made need to add more beef stock if to much evaporates.
- Add ground pepper to taste. Cook until soup reaches desired thickness.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:11.48, Inflammation Score:-5, Nutrition Score:19.32521750616%

Flavonoids

Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg, Catechin: 1.36mg

Nutrients (% of daily need)

Calories: 337.22kcal (16.86%), Fat: 9.09g (13.99%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 45.51g (15.17%), Net Carbohydrates: 35.68g (12.97%), Sugar: 2.16g (2.4%), Cholesterol: 26.63mg (8.88%), Sodium: 656.54mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.74g (39.48%), Manganese: 1.12mg (55.91%), Selenium: 30.79µg (43.99%), Fiber: 9.83g (39.34%), Vitamin B3: 6.95mg (34.74%), Vitamin B1: 0.49mg (32.44%), Phosphorus: 306.88mg (30.69%), Vitamin B2: 0.5mg (29.67%), Potassium: 942.44mg (26.93%), Magnesium: 104.04mg (26.01%), Zinc: 3.68mg (24.5%), Vitamin B6: 0.48mg (23.76%), Copper: 0.46mg (23.21%), Iron: 3.63mg (20.17%), Vitamin B12: 0.8µg (13.38%), Calcium: 51.14mg (5.11%), Folate: 19.72µg (4.93%), Vitamin B5: 0.35mg (3.5%), Vitamin E: 0.51mg (3.4%), Vitamin K: 2.4µg (2.29%)