



Black Barley, Fennel, and Radish Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



312 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 servings pepper black freshly ground



2 tablespoons optional: dill fresh divided chopped



10 ounces fennel bulb cut lengthwise into 1/4" slices



6 servings kosher salt



0.3 cup juice of lime fresh



0.3 cup oil-cured olives pitted halved lengthwise



2 tablespoons olive oil



0.3 cup orange juice fresh

- ☐ 1 teaspoon orange zest finely grated
- ☐ 2 cups quick-cooking barley black rinsed
- ☐ 4 large radishes divided thinly sliced
- ☐ 1 small shallots minced

Equipment

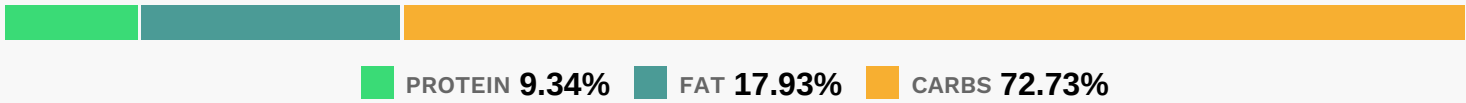
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 425°F.
- ☐ Place barley in a medium pot and add water to cover by 1 1/2". Season with salt. Bring to a boil; reduce heat and simmer uncovered until barley is tender and water is absorbed, 40–45 minutes.
- ☐ Spread out barley on a large rimmed baking sheet; let cool.
- ☐ While barley is cooking, toss fennel slices and 2 tablespoons oil in a medium bowl to coat. Season with salt and pepper.
- ☐ Spread fennel slices out in a single layer on another rimmed baking sheet. Roast until fennel is crisp-tender and beginning to brown in spots, about 18 minutes.
- ☐ Let fennel cool on baking sheet. DO AHEAD: Barley and fennel can be prepared 1 day ahead. Cover separately and refrigerate.
- ☐ Whisk orange juice, lime juice, shallot, 2 tablespoons dill, and zest in a medium bowl. Gradually whisk in remaining 1/2 cup oil; season orange vinaigrette with salt and pepper.
- ☐ Transfer barley to a large bowl; add roasted fennel, along with any accumulated juices on baking sheet.
- ☐ Add half of radishes, olives, and 1/4 cup dill sprigs.
- ☐ Drizzle 1/2 cup orange vinaigrette over and toss to coat; season with salt and pepper. Arrange salad on a large platter.

Scatter remaining radishes, reserved fennel fronds, and remaining 1/4 cup dill sprigs over salad.
Pass remaining orange vinaigrette alongside for drizzling over.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.84, Inflammation Score:-5, Nutrition Score:15.256956587667%

Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 312.04kcal (15.6%), Fat: 6.45g (9.92%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 46.41g (16.88%), Sugar: 4.19g (4.65%), Cholesterol: 0mg (0%), Sodium: 315.49mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.11%), Manganese: 1.01mg (50.33%), Fiber: 12.41g (49.64%), Selenium: 25.63µg (36.62%), Vitamin K: 34.38µg (32.74%), Vitamin C: 17.37mg (21.06%), Phosphorus: 178.95mg (17.9%), Vitamin B3: 3.48mg (17.42%), Copper: 0.34mg (16.77%), Magnesium: 65.44mg (16.36%), Potassium: 455mg (13%), Iron: 2.2mg (12.2%), Vitamin B6: 0.23mg (11.32%), Zinc: 1.57mg (10.46%), Vitamin B1: 0.15mg (10.13%), Folate: 36.63µg (9.16%), Vitamin E: 1.2mg (8.03%), Vitamin B2: 0.1mg (5.95%), Calcium: 52.8mg (5.28%), Vitamin B5: 0.36mg (3.63%), Vitamin A: 145.51IU (2.91%)