



Black Beans and Barley



Vegetarian



Dairy Free

READY IN



24 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup quick-cooking barley uncooked
- ☐ 0.5 cup bottled roasted bell peppers red
- ☐ 0.3 teaspoon salt

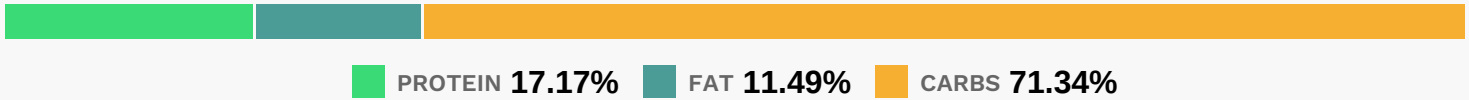
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a small saucepan over medium- high heat.
- ☐ Add onion and garlic; saut 3 minutes. Stir in cumin and next 4 ingredients; cook, stirring constantly, 2 minutes.
- ☐ Add beans, broth, and barley; bring to a boil. Cover; reduce heat, and simmer 10 minutes or until liquid is absorbed.
- ☐ Add red bell pepper; cover, and let stand 5 minutes. Fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:8.6678261186766%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 147.03kcal (7.35%), Fat: 1.93g (2.98%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 19.04g (6.92%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 686.29mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.51g (13.02%), Fiber: 8g (31.98%), Manganese: 0.46mg (23.08%), Folate: 52.03µg (13.01%), Phosphorus: 127.19mg (12.72%), Iron: 2.17mg (12.06%), Copper: 0.24mg (12.02%), Selenium: 8.31µg (11.87%), Magnesium: 42.52mg (10.63%), Vitamin C: 8.69mg (10.54%), Vitamin B1: 0.15mg (9.8%), Potassium: 326.14mg (9.32%), Vitamin B3: 1.54mg (7.68%), Vitamin B2: 0.12mg (7.26%), Vitamin B6: 0.14mg (7.13%),

Zinc: 0.82mg (5.48%), Calcium: 44.07mg (4.41%), Vitamin A: 170.25IU (3.41%), Vitamin B5: 0.25mg (2.54%), Vitamin E: 0.27mg (1.79%), Vitamin K: 1.43µg (1.37%), Vitamin B12: 0.08µg (1.26%)