



Broccoli and Barley Smoked Paprika Salad

READY IN



60 min.

SERVINGS



4

CALORIES



620 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 handful baby arugula
- ☐ 0.8 pound broccoli cut into florets 1 large crown
- ☐ 3 large cloves garlic chopped
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 6 ounces manchego cheese cubed
- ☐ 0.3 cup olive oil
- ☐ 1 cup pearled barley rinsed
- ☐ 3 tablespoons sherry wine vinegar
- ☐ 1 teaspoon paprika smoked

☐ 0.5 cup almonds raw whole chopped

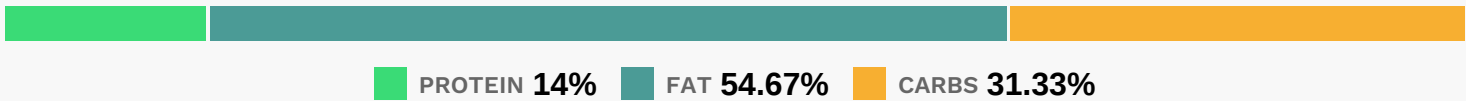
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Add barley to boiling salted water and cook until tender, about 30 to 45 minutes.
- ☐ Add the broccoli the last 3 minutes of cooking and cook until tender yet still slightly crisp.
- ☐ Drain both in a colander in the sink and rinse under cold water to stop the cooking.
- ☐ Drain well then add to a large mixing bowl.
- ☐ Add olive oil to a medium skillet over medium high heat. Once hot, add the garlic and almonds and stir until the garlic and almonds are fragrant, about 1 minute. Turn off heat, sprinkle in the smoked paprika, season with salt and pepper, and stir for 30 more seconds. The residual heat will toast the paprika.
- ☐ Carefully stir in the vinegar.
- ☐ Pour the dressing over the broccoli and barley and toss well all together. Finally add in the arugula and the cheese, taste for seasoning, and adjust as necessary.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:1.56, Inflammation Score:-9, Nutrition Score:30.478260703709%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.9mg

Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 10.23mg, Kaempferol: 10.23mg, Kaempferol: 10.23mg, Kaempferol: 10.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 619.83kcal (30.99%), Fat: 38.64g (59.45%), Saturated Fat: 13.41g (83.84%), Carbohydrates: 49.84g (16.61%), Net Carbohydrates: 37.19g (13.52%), Sugar: 2.9g (3.23%), Cholesterol: 45.5mg (15.17%), Sodium: 295.48mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.52%), Vitamin K: 107.48µg (102.36%), Vitamin C: 78.13mg (94.7%), Manganese: 1.34mg (67.18%), Calcium: 580.04mg (58%), Fiber: 12.65g (50.61%), Vitamin E: 7.38mg (49.23%), Selenium: 22.09µg (31.56%), Magnesium: 112.4mg (28.1%), Phosphorus: 263.88mg (26.39%), Vitamin A: 1259.23IU (25.18%), Copper: 0.46mg (22.81%), Vitamin B2: 0.38mg (22.22%), Folate: 82.98µg (20.74%), Vitamin B3: 3.59mg (17.95%), Vitamin B6: 0.35mg (17.48%), Potassium: 602.95mg (17.23%), Iron: 2.96mg (16.44%), Zinc: 2.07mg (13.8%), Vitamin B1: 0.2mg (13.55%), Vitamin B5: 0.78mg (7.83%)