






 **16%**
HEALTH SCORE

Broccoli Barley Saute

 Dairy Free

READY IN

30 min.

SERVINGS

6

CALORIES

257 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 cups broccoli florets fresh
- 2 carrots thinly sliced
- 2 cups roasted chicken diced cooked
- 2 teaspoons cornstarch
- 1 garlic clove minced
- 2 spring onion sliced
- 0.5 cup quick-cooking barley
- 3 tablespoons soya sauce

- 0.5 cup peanuts unsalted
- 1 tablespoon vegetable oil
- 0.3 cup water

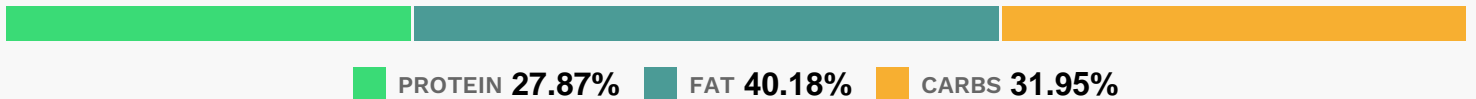
Equipment

- bowl
- frying pan
- wok

Directions

- Prepare barley according to package directions. In a small bowl, combine water, soy sauce and cornstarch; set aside. In a large skillet or wok, saute garlic in oil for 15 seconds.
- Add carrots; stir-fry for 1 minute. add broccoli and onions; stir-fry for 2–3 minutes. Stir in soy sauce mixture; simmer and stir for 1 minute or until thickened.
- Add chicken an barley; heat through. Stir in peanuts if desired.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:18.258695654247%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 256.67kcal (12.83%), Fat: 11.78g (18.13%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 15.9g (5.78%), Sugar: 2.46g (2.73%), Cholesterol: 35mg (11.67%), Sodium: 565.45mg (24.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Vitamin A: 3648.59IU (72.97%), Vitamin K: 46.45µg (44.24%), Vitamin C: 29.17mg (35.35%), Vitamin B3: 6.97mg (34.85%), Manganese: 0.63mg (31.72%), Selenium: 19.86µg (28.37%), Phosphorus: 211.77mg (21.18%), Fiber: 5.17g (20.69%), Vitamin B6: 0.4mg (19.96%), Magnesium: 58.11mg (14.53%), Potassium: 423.73mg (12.11%), Folate: 45.14µg (11.28%), Zinc: 1.64mg (10.91%), Vitamin

B2: 0.18mg (10.37%), Iron: 1.74mg (9.67%), Copper: 0.19mg (9.6%), Vitamin B5: 0.94mg (9.39%), Vitamin B1: 0.12mg (8.18%), Vitamin E: 1.18mg (7.88%), Calcium: 44.45mg (4.44%), Vitamin B12: 0.14µg (2.26%)