



Broccoli Barley Soup

READY IN



65 min.

SERVINGS



8

CALORIES



377 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 medium onion chopped
- 2 garlic clove minced
- 4 ounces mushrooms fresh sliced
- 4 ounces mushrooms fresh sliced
- 3 tablespoons butter
- 3 cups chicken broth
- 3 cups vegetable stock
- 0.8 cup quick-cooking barley uncooked
- 0.3 teaspoon rosemary dried crushed

- 1 pound broccoli fresh cut into florets
- 2 tablespoons cornstarch
- 0.3 cup water cold
- 2 cups cup heavy whipping cream
- 1 serving salt and pepper
- 1 serving parmesan cheese grated

Equipment

- bowl
- sauce pan
- dutch oven

Directions

- In a large saucepan or Dutch oven, saute the first three ingredients in butter until tender.
- Add the chicken and vegetable broths, barley and rosemary. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until barley is tender.
- Add broccoli; cover and cook for 10 minutes or until broccoli is tender.
- In a small bowl, combine cornstarch and cold water until smooth; stir into the soup. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in the cream, salt and pepper (do not boil).
- Sprinkle with Parmesan cheese.

Nutrition Facts



PROTEIN 8.29% **FAT 63.45%** **CARBS 28.26%**

Properties

Glycemic Index:39.75, Glycemic Load:2.08, Inflammation Score:-8, Nutrition Score:17.278695624808%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.63mg, Kaempferol: 4.63mg, Kaempferol:

4.63mg, Kaempferol: 4.63mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg
Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 376.69kcal (18.83%), Fat: 27.53g (42.35%), Saturated Fat: 17.11g (106.96%), Carbohydrates: 27.58g (9.19%),
Net Carbohydrates: 22.39g (8.14%), Sugar: 5.72g (6.36%), Cholesterol: 83.55mg (27.85%), Sodium: 842.71mg
(36.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.19%), Vitamin C: 53.8mg (65.21%), Vitamin K:
60.7µg (57.81%), Vitamin A: 1585.83IU (31.72%), Manganese: 0.47mg (23.69%), Vitamin B2: 0.39mg (22.85%),
Selenium: 14.93µg (21.32%), Fiber: 5.19g (20.74%), Phosphorus: 175.69mg (17.57%), Folate: 52.87µg (13.22%),
Potassium: 445.62mg (12.73%), Vitamin B3: 2.52mg (12.61%), Vitamin B6: 0.24mg (12.19%), Calcium: 118.14mg
(11.81%), Copper: 0.23mg (11.66%), Vitamin B5: 1.02mg (10.18%), Magnesium: 38.81mg (9.7%), Vitamin B1: 0.14mg
(9.66%), Zinc: 1.21mg (8.06%), Vitamin E: 1.18mg (7.86%), Iron: 1.24mg (6.91%), Vitamin D: 1.03µg (6.85%), Vitamin
B12: 0.18µg (3.06%)