



Caramelised onion & barley soup with cheese croutons

READY IN



45 min.

SERVINGS



2

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 medium onion thinly sliced
- ☐ 2 garlic clove thinly sliced
- ☐ 6 thyme sprigs chopped
- ☐ 1 pinch sugar good
- ☐ 500 ml vegetable stock
- ☐ 60 g barley
- ☐ 60 g destemmed lacinato/dinosaur kale thick sliced

- ☐ 4 slices crusty baguette toasted
- ☐ 4 tbsp gruyere cheese grated

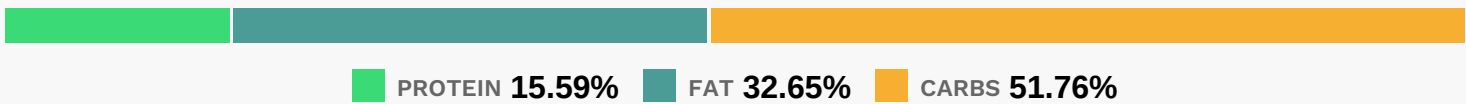
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat the oil in a saucepan, then add the onions, garlic, thyme, sugar and a good pinch of salt. Cook on a medium-low heat for 15-20 mins or until golden coloured.
- ☐ Add the stock and simmer for a further 10 mins.
- ☐ In a separate large saucepan of salted boiling water, cook the barley for 15 mins, adding the cavolo nero or kale for the final 3 mins of cooking.
- ☐ Drain and rinse under cold water, then add to the soup and warm through.
- ☐ Heat the grill. Top the toasted bread with cheese and place under the grill until its bubbly and melted.
- ☐ Serve in 2 large bowls with the cheesy croutons on top.

Nutrition Facts



Properties

Glycemic Index:178.42, Glycemic Load:31.69, Inflammation Score:-10, Nutrition Score:32.204348071762%

Flavonoids

Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 12.59mg, Isorhamnetin: 12.59mg, Isorhamnetin: 12.59mg, Isorhamnetin: 12.59mg Kaempferol: 14.76mg, Kaempferol: 14.76mg, Kaempferol: 14.76mg, Kaempferol: 14.76mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 29.16mg, Quercetin: 29.16mg, Quercetin: 29.16mg, Quercetin: 29.16mg

Nutrients (% of daily need)

Calories: 532.26kcal (26.61%), Fat: 19.61g (30.17%), Saturated Fat: 7.16g (44.76%), Carbohydrates: 69.94g (23.31%), Net Carbohydrates: 59.82g (21.75%), Sugar: 10.89g (12.1%), Cholesterol: 32.52mg (10.84%), Sodium: 1624.69mg (70.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.14%), Vitamin K: 125.08µg (119.13%), Vitamin A: 3957.75IU (79.16%), Manganese: 1.33mg (66.31%), Vitamin C: 41.9mg (50.79%), Calcium: 494.81mg (49.48%), Vitamin B1: 0.68mg (45.06%), Fiber: 10.12g (40.47%), Selenium: 27.85µg (39.79%), Phosphorus: 375.01mg (37.5%), Vitamin B2: 0.52mg (30.87%), Folate: 118.08µg (29.52%), Iron: 4.66mg (25.91%), Vitamin B3: 4.88mg (24.38%), Magnesium: 93.63mg (23.41%), Vitamin B6: 0.41mg (20.48%), Zinc: 2.88mg (19.22%), Copper: 0.32mg (16.04%), Potassium: 534.28mg (15.27%), Vitamin E: 1.67mg (11.13%), Vitamin B12: 0.47µg (7.88%), Vitamin B5: 0.69mg (6.85%), Vitamin D: 0.18µg (1.18%)