



Chicken and Barley Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barley uncooked
- 1 cup carrots sliced
- 1 cup celery chopped
- 0.5 teaspoon thyme leaves dried
- 42.8 ounce no-salt-added chicken broth canned
- 1 cup onion chopped
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper

- 1 teaspoon pepper dried red crushed
- 1 cup bell pepper sweet red chopped
- 0.5 teaspoon salt
- 1 pound skinned cut into bite-size pieces
- 0.3 teaspoon turmeric

Equipment

- sauce pan

Directions

- Combine all ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 15 minutes. Uncover and simmer 15 minutes or until barley is tender.

Nutrition Facts



Properties

Glycemic Index:53.96, Glycemic Load:7.09, Inflammation Score:-10, Nutrition Score:30.431304195653%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 304.69kcal (15.23%), Fat: 5.66g (8.71%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 23.87g (8.68%), Sugar: 5.75g (6.39%), Cholesterol: 72.57mg (24.19%), Sodium: 569.66mg (24.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.41g (68.82%), Vitamin A: 6823.41IU (136.47%), Vitamin B3: 17.93mg (89.64%), Vitamin C: 54.78mg (66.39%), Selenium: 45.46µg (64.94%), Vitamin B6: 1.19mg (59.42%), Phosphorus: 430.95mg (43.1%), Manganese: 0.69mg (34.31%), Potassium: 1107.94mg (31.66%), Fiber: 7.13g (28.5%), Vitamin B2: 0.35mg (20.72%), Magnesium: 80.35mg (20.09%), Vitamin B5: 2.01mg (20.06%), Vitamin B1: 0.29mg (19.25%), Vitamin K: 18.79µg (17.89%), Copper: 0.36mg (17.76%), Iron: 2.67mg (14.86%), Zinc: 1.91mg (12.75%), Folate: 49.96µg (12.49%), Vitamin E: 1.47mg (9.82%), Vitamin B12: 0.53µg (8.83%), Calcium: 66.81mg (6.68%)