



Chicken and Barley Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 42 ounce less-sodium chicken broth fat-free canned
- ☐ 10 ounce vegetables mixed frozen
- ☐ 1 tablespoon olive oil
- ☐ 1.8 cups onion chopped
- ☐ 1 cup quick-cooking barley uncooked

☐ 0.3 teaspoon salt

Equipment

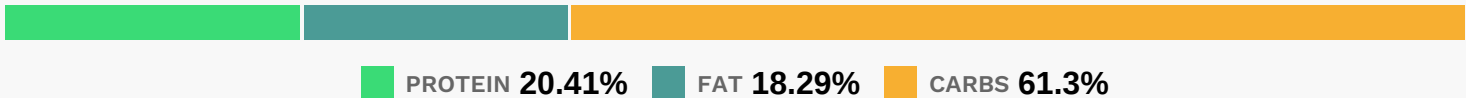
☐ frying pan

☐ sauce pan

Directions

- ☐ Bring barley and broth to a boil in a large saucepan. Reduce heat, and simmer 5 minutes.
- ☐ While barley cooks, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add mixed vegetables; saut 2 minutes.
- ☐ Add vegetable mixture, chicken, salt, thyme, and pepper to barley mixture; simmer 4 minutes.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.48, Inflammation Score:-10, Nutrition Score:21.2600001252222%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg, Quercetin: 14.21mg

Nutrients (% of daily need)

Calories: 351.14kcal (17.56%), Fat: 7.35g (11.31%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 43.59g (15.85%), Sugar: 3.82g (4.24%), Cholesterol: 26.25mg (8.75%), Sodium: 1429.8mg (62.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.93%), Vitamin A: 3628.78IU (72.58%), Selenium: 34.65µg (49.5%), Manganese: 0.98mg (49.21%), Fiber: 11.88g (47.52%), Vitamin B3: 7.69mg (38.47%), Phosphorus: 272.88mg (27.29%), Vitamin B6: 0.47mg (23.4%), Copper: 0.38mg (19.1%), Magnesium: 74.19mg (18.55%), Vitamin B1: 0.26mg (17.14%), Iron: 3.02mg (16.78%), Potassium: 564.14mg (16.12%), Vitamin C: 12.58mg (15.25%), Vitamin B2: 0.25mg (14.74%), Zinc: 2.1mg (14%), Folate: 50.27µg (12.57%), Vitamin B12: 0.7µg (11.61%), Vitamin B5: 1.04mg (10.42%), Calcium: 66.29mg (6.63%), Vitamin K: 4.76µg (4.54%), Vitamin E: 0.53mg (3.56%)