



Chicken and Barley Stew with Dill and Lemon

READY IN



75 min.

SERVINGS



6

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots sliced
- ☐ 2 celery ribs sliced
- ☐ 6 cups chicken stock see
- ☐ 0.3 cup optional: dill chopped
- ☐ 0.5 cup flour all-purpose
- ☐ 1 garlic clove minced
- ☐ 6 servings kosher salt
- ☐ 1 large leek white green thinly sliced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1.5 ounces parmigiano-reggiano cheese freshly grated
- ☐ 1.8 cups pearled barley
- ☐ 6 servings pepper freshly ground
- ☐ 2 pounds chicken breasts boneless skinless cut into 1 1/2-inch pieces
- ☐ 0.3 cup tarragon chopped
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water

Equipment

- ☐ bowl

Directions

- ☐ In a shallow bowl, combine the flour with 1 teaspoon each of salt and pepper. Dredge the chicken in the flour; shake off the excess.
- ☐ In a medium enameled cast-iron casserole, heat 2 tablespoons of the oil.
- ☐ Add half of the chicken and cook over moderately high heat until golden, about 2 minutes per side.
- ☐ Transfer the chicken to a bowl. Brown the remaining chicken in 2 more tablespoons of the oil.
- ☐ Pour off the fat.
- ☐ Add the remaining 1 tablespoon of oil and the carrots to the casserole and cook over moderate heat for 3 minutes.
- ☐ Add the celery, leek and garlic and cook until starting to soften, 2 minutes.
- ☐ Add a large pinch each of salt and pepper and the barley. Cook over moderately high heat, stirring, until the barley starts to toast, 1 minute.
- ☐ Add the stock and water and bring to a boil. Cover and simmer over low heat, stirring occasionally, until the barley is almost tender, about 20 minutes.
- ☐ Return the chicken to the stew; cover and simmer until cooked through and the stew has thickened, about 10 minutes. Stir in the dill and lemon juice and season with salt and pepper. Spoon the stew into bowls, sprinkle with the tarragon and cheese and serve.

Nutrition Facts



Properties

Glycemic Index:59.97, Glycemic Load:7.76, Inflammation Score:-10, Nutrition Score:35.922174090924%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 636.87kcal (31.84%), Fat: 18.78g (28.89%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 67.86g (22.62%), Net Carbohydrates: 57.37g (20.86%), Sugar: 6.04g (6.71%), Cholesterol: 108.79mg (36.26%), Sodium: 854.08mg (37.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.57g (97.14%), Vitamin B3: 23.38mg (116.88%), Selenium: 81.13µg (115.9%), Vitamin A: 4012.18IU (80.24%), Vitamin B6: 1.57mg (78.44%), Phosphorus: 593.56mg (59.36%), Manganese: 1.18mg (59.22%), Fiber: 10.49g (41.95%), Potassium: 1174.82mg (33.57%), Vitamin B2: 0.55mg (32.32%), Magnesium: 116.59mg (29.15%), Vitamin K: 29.14µg (27.75%), Vitamin B1: 0.41mg (27.21%), Vitamin B5: 2.5mg (24.95%), Copper: 0.49mg (24.37%), Iron: 4.28mg (23.77%), Zinc: 2.91mg (19.37%), Folate: 74.65µg (18.66%), Calcium: 164.38mg (16.44%), Vitamin C: 10.13mg (12.28%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.39µg (6.46%), Vitamin D: 0.19µg (1.24%)