



Chicken Vegetable Barley Soup

READY IN



70 min.

SERVINGS



12

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 2.5 quarts chicken broth
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 4 cups mushrooms fresh sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons olive oil

- ☐ 1 medium onion chopped
- ☐ 1 cup quick-cooking barley
- ☐ 5 cups potatoes diced red
- ☐ 12 servings salt and pepper black to taste
- ☐ 1 cup slivered almonds

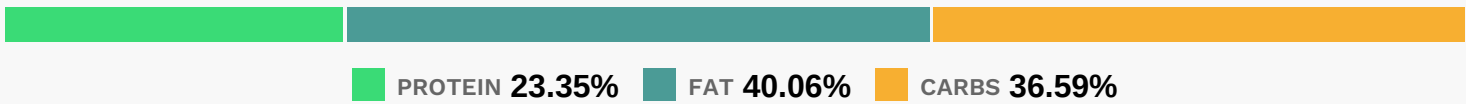
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Spread slivered almonds evenly over a baking sheet. Toast in preheated oven until golden brown and fragrant.
- ☐ Heat the oil in a large stock pot over medium heat. Cook onions, celery, mushrooms, and garlic in oil until onions are tender.
- ☐ Stir in carrots, potatoes, chicken, and broth. Bring to a boil, then stir in barley. Reduce heat, cover, and simmer 20 minutes.
- ☐ Remove from heat, and stir in butter, parsley, and toasted almonds. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:21.65, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:17.57652179832%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 258.94kcal (12.95%), Fat: 11.87g (18.26%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 19.13g (6.96%), Sugar: 3.45g (3.83%), Cholesterol: 35.21mg (11.74%), Sodium: 991.39mg (43.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Vitamin K: 47.77µg (45.49%), Vitamin A: 2113.19IU (42.26%), Manganese: 0.64mg (31.93%), Vitamin B3: 5.98mg (29.9%), Selenium: 19.44µg (27.77%), Vitamin B2: 0.45mg (26.21%), Phosphorus: 213.74mg (21.37%), Fiber: 5.27g (21.08%), Vitamin E: 2.9mg (19.31%), Copper: 0.37mg (18.7%), Vitamin B6: 0.33mg (16.61%), Potassium: 560.11mg (16%), Magnesium: 61.22mg (15.3%), Vitamin B1: 0.18mg (12.13%), Zinc: 1.67mg (11.12%), Vitamin B5: 1.09mg (10.93%), Iron: 1.96mg (10.86%), Vitamin C: 8.57mg (10.38%), Folate: 31.31µg (7.83%), Calcium: 60.17mg (6.02%), Vitamin B12: 0.16µg (2.63%)