



Chicken with Barley Soup

 Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 1.5 cups carrots chopped
- ☐ 1 cup celery chopped (try to include celery leaves)
- ☐ 1 cube chicken bouillon to taste
- ☐ 2 pounds chicken thighs to taste
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 1 onion chopped

- ☐ 0.8 cup pearl barley
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 teaspoon rubbed sage
- ☐ 1 teaspoon salt to taste
- ☐ 8 cups water

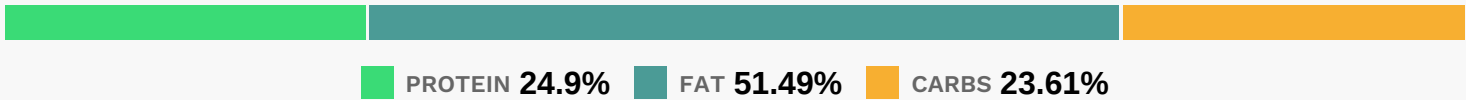
Equipment

- ☐ pot
- ☐ cutting board

Directions

- ☐ Combine water, chicken thighs, and bay leaves in a large stock pot; bring to a boil, reduce heat to low, place a cover on the pot, and cook at a simmer until the chicken is tender, about 30 minutes.
- ☐ Remove chicken to a cutting board to cool.
- ☐ Remove and discard bones, skin, and fat from chicken.
- ☐ Cut remaining meat into bite-sized pieces.
- ☐ Cool broth until the fat congeals on the surface. Skim and discard fat.
- ☐ Return soup to heat; add carrots, celery, onion, pearl barley, bay leaves, chicken bouillon, poultry seasoning, sage, salt, and black pepper. Bring the soup to a boil, reduce heat to low, place cover on the pot, and simmer until the barley is cooked and the vegetables are tender, 60 to 90 minutes. Stir lemon juice into the soup just before serving.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:21.849130371343%

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: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 447.64kcal (22.38%), Fat: 25.61g (39.4%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 26.42g (8.81%), Net Carbohydrates: 20.59g (7.49%), Sugar: 3.16g (3.51%), Cholesterol: 148.17mg (49.39%), Sodium: 577.22mg (25.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.87g (55.73%), Vitamin A: 5660.37IU (113.21%), Selenium: 38.02µg (54.31%), Vitamin B3: 8.65mg (43.26%), Vitamin B6: 0.69mg (34.36%), Phosphorus: 321.3mg (32.13%), Manganese: 0.5mg (25.22%), Fiber: 5.83g (23.33%), Vitamin K: 22.68µg (21.6%), Vitamin B5: 1.82mg (18.21%), Potassium: 620.71mg (17.73%), Zinc: 2.63mg (17.54%), Vitamin B2: 0.28mg (16.23%), Vitamin B12: 0.97µg (16.13%), Magnesium: 62.98mg (15.74%), Copper: 0.27mg (13.67%), Vitamin B1: 0.2mg (13.32%), Iron: 2.01mg (11.17%), Folate: 35.66µg (8.91%), Vitamin C: 6.47mg (7.84%), Calcium: 64.29mg (6.43%), Vitamin E: 0.66mg (4.39%), Vitamin D: 0.15µg (1.01%)