



Curried Barley with Raisins and Almonds



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 cups pearl barley cooked
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1.5 teaspoons olive oil divided
- ☐ 2.5 cups onion vertically sliced
- ☐ 2 tablespoons raisins

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted

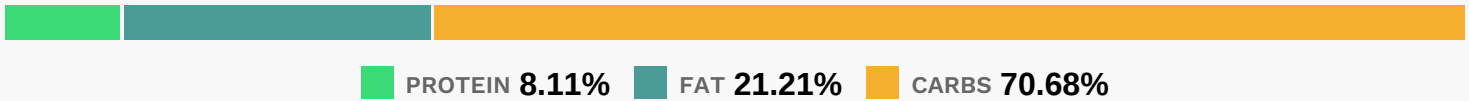
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1/2 teaspoon oil in a medium nonstick skillet over medium heat.
- ☐ Add onion; cover and cook 15 minutes or until golden brown, stirring occasionally.
- ☐ Add garlic, and cook 1 minute.
- ☐ Remove from pan.
- ☐ Add 1 teaspoon oil to pan.
- ☐ Add curry powder, and cook 1 minute.
- ☐ Add barley, and toss gently to coat. Stir in cooked onion, raisins, parsley, toasted almonds, salt, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.7, Glycemic Load:5.37, Inflammation Score:-6, Nutrition Score:9.5343477518662%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg, Isorhamnetin: 5.14mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg

Nutrients (% of daily need)

Calories: 180.45kcal (9.02%), Fat: 4.49g (6.9%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 28.29g (10.29%), Sugar: 4.66g (5.18%), Cholesterol: 0mg (0%), Sodium: 154.81mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.71%), Vitamin K: 35.19µg (33.51%), Manganese: 0.46mg (23.06%), Fiber: 5.34g (21.34%), Vitamin C: 10.76mg (13.04%), Vitamin B6: 0.23mg (11.28%), Vitamin E: 1.65mg (10.99%), Magnesium: 41.27mg (10.32%), Phosphorus: 94.62mg (9.46%), Iron: 1.67mg (9.3%), Copper: 0.19mg (9.26%), Potassium: 321.96mg (9.2%), Folate: 34.69µg (8.67%), Selenium: 6.01µg (8.59%), Vitamin B3: 1.64mg (8.22%), Vitamin B2: 0.14mg (8.14%), Vitamin B1: 0.12mg (7.87%), Zinc: 0.87mg (5.82%), Calcium: 51.92mg (5.19%), Vitamin A: 179.99IU (3.6%), Vitamin B5: 0.24mg (2.43%)