



Dinner Tonight: Barley Soup al Verde

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cabbage halved sliced
- 6.3 cups chicken stock see
- 3 tablespoons olive oil
- 1 onion chopped
- 0.3 cup parmesan grated
- 0.8 cup quick-cooking barley
- 1 sage fresh
- 4 servings salt
- 3 cups pkt spinach chopped

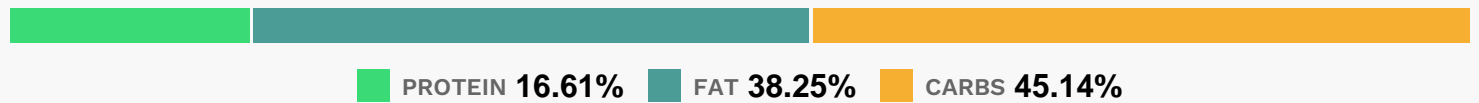
Equipment

- frying pan
- pot

Directions

- Pour the stock into a large pot. Bring to a boil. While that's warming up, pour the oil into another pot set over low heat.
- Add the onions and sage and cook, stirring occasionally, for 5 minutes.
- Add the cabbage and the spinach, and cook for 2 minutes.
- When the stock is boiling, pour it into the other pan with cabbage and spinach. Turn the heat to medium and cook for 15 minutes.
- Add the barley and cook for 30 minutes. Season with salt and pepper to taste.
- Serve with the grated Parmesan, and more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:23.346086881731%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg, Kaempferol: 1.65mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 413.05kcal (20.65%), Fat: 17.72g (27.26%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 39.8g (14.47%), Sugar: 8.11g (9.01%), Cholesterol: 16.92mg (5.64%), Sodium: 889.15mg (38.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.63%), Vitamin K: 130.12µg (123.93%), Vitamin A: 2212.11IU (44.24%), Vitamin B3: 7.91mg (39.55%), Manganese: 0.76mg (38.21%), Selenium: 24.68µg (35.25%), Fiber: 7.25g (29%), Phosphorus: 265.51mg (26.55%), Vitamin B2: 0.45mg (26.24%), Copper: 0.44mg

(21.84%), Vitamin B6: 0.43mg (21.62%), Folate: 84.36µg (21.09%), Potassium: 702.05mg (20.06%), Vitamin C: 15.51mg (18.8%), Magnesium: 70.94mg (17.73%), Vitamin B1: 0.25mg (16.47%), Calcium: 156.68mg (15.67%), Iron: 2.6mg (14.47%), Vitamin E: 2.14mg (14.26%), Zinc: 1.75mg (11.67%), Vitamin B5: 0.23mg (2.29%), Vitamin B12: 0.1µg (1.67%)