



Easy-Does-It Barley Paella

 Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups chicken broth reduced-sodium
- 0.5 cup barley hulled uncooked
- 4 oz chorizo sausage cut
- 0.5 cup onion chopped
- 0.5 cup bell pepper red chopped
- 3 cloves garlic finely chopped
- 14.5 oz canned tomatoes diced undrained canned
- 1 teaspoon paprika smoked spanish

- 1.5 cups chicken breast strips/pre-cooked/chopped cooked (1-inch pieces)
- 4 oz fruit cocktail frozen thawed cooked drained (from 12-oz bag)
- 1 cup peas sweet frozen thawed (from 1-lb bag)
- 14 oz artichoke hearts drained cut into fourths canned

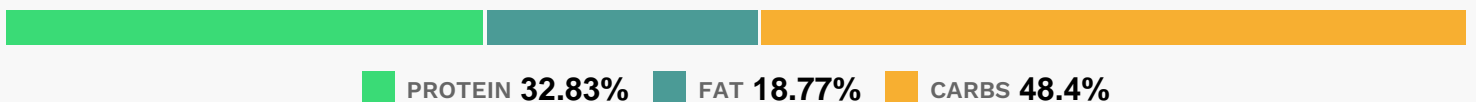
Equipment

- frying pan
- dutch oven

Directions

- In 5-quart Dutch oven, heat broth to boiling. Stir in barley. Reduce heat to low; cover and simmer 1 hour or until tender.
- Fifteen minutes before barley is done, heat 10-inch nonstick skillet over high heat.
- Add sausage; cook 2 minutes, stirring occasionally, to crumble. Reduce heat to medium-high.
- Add onion, bell pepper and garlic; cook 4 to 5 minutes, stirring occasionally, until onion is slightly browned. Set aside.
- Stir tomatoes and paprika into barley. Return to boiling. Stir in cooked onion mixture and remaining ingredients. Cook, stirring constantly, 3 to 4 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:55.47, Glycemic Load:8.96, Inflammation Score:-8, Nutrition Score:19.93913051486%

Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 281.24kcal (14.06%), Fat: 5.94g (9.14%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 25.86g (9.4%), Sugar: 10.67g (11.85%), Cholesterol: 51.7mg (17.23%), Sodium: 468.07mg (20.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.39g (46.77%), Vitamin C: 44.53mg (53.98%), Vitamin B3: 9.81mg (49.07%), Manganese: 0.74mg (37.06%), Fiber: 8.61g (34.44%), Vitamin B6: 0.6mg (29.86%), Selenium: 20.03µg (28.62%), Vitamin A: 1236.95IU (24.74%), Phosphorus: 245.3mg (24.53%), Vitamin B1: 0.31mg (20.76%), Copper: 0.39mg (19.74%), Potassium: 674.84mg (19.28%), Iron: 3.32mg (18.44%), Magnesium: 69.29mg (17.32%), Vitamin B2: 0.24mg (13.99%), Vitamin K: 13.82µg (13.16%), Vitamin E: 1.75mg (11.69%), Zinc: 1.73mg (11.52%), Folate: 45.54µg (11.38%), Vitamin B5: 0.82mg (8.17%), Calcium: 66.18mg (6.62%), Vitamin B12: 0.24µg (3.95%)