

Easy-Does-It Barley Paella

 Dairy Free

READY IN



90 min.

SERVINGS



5

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz artichoke hearts drained cut into fourths canned
- 0.5 cup barley hulled uncooked
- 4 oz chorizo sausage cut
- 14.5 oz canned tomatoes diced undrained canned
- 1.5 cups chicken breast strips/pre-cooked/chopped cooked (1-inch pieces)
- 3 cloves garlic finely chopped
- 2 cups chicken broth reduced-sodium
- 0.5 cup onion chopped

- 1 teaspoon paprika smoked spanish
- 1 cup peas sweet frozen thawed (from 1-lb bag)
- 0.5 cup bell pepper red chopped
- 4 oz shrimp frozen thawed cooked drained (from 12-oz bag)

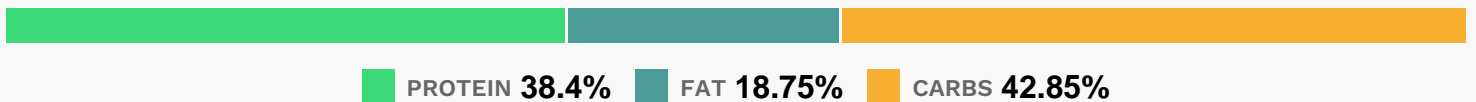
Equipment

- 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:44.47, Glycemic Load:7.22, Inflammation Score:-8, Nutrition Score:20.268695417954%

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: 287.59kcal (14.38%), Fat: 6.04g (9.3%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 31.08g (10.36%), Net Carbohydrates: 22.7g (8.25%), Sugar: 7.51g (8.34%), Cholesterol: 88.21mg (29.4%), Sodium: 493.7mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.71%), Vitamin C: 44.1mg (53.45%), Vitamin B3: 9.73mg (48.64%), Manganese: 0.72mg (35.76%), Fiber: 8.38g (33.53%), Vitamin B6: 0.59mg (29.29%), Phosphorus: 291.34mg (29.13%), Selenium: 19.92µg (28.46%), Vitamin A: 1189.78IU (23.8%), Copper: 0.47mg (23.38%), Vitamin B1: 0.31mg (20.49%), Potassium: 714.53mg (20.42%), Magnesium: 76.1mg (19.02%), Iron: 3.37mg (18.72%), Vitamin B2: 0.23mg (13.74%), Zinc: 2.01mg (13.41%), Vitamin K: 13.23µg (12.6%), Folate: 44.86µg (11.21%), Vitamin E: 1.64mg (10.93%), Vitamin B5: 0.8mg (8.04%), Calcium: 79.33mg (7.93%), Vitamin B12: 0.24µg (3.95%)