



Edamame and Barley Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 ounce edamame green frozen shelled thawed (soybeans)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 5 teaspoons olive oil
- ☐ 1 cup quick-cooking barley uncooked

- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 0.8 cup onion red chopped
- ☐ 1.3 teaspoons salt
- ☐ 1 tablespoon dijon mustard

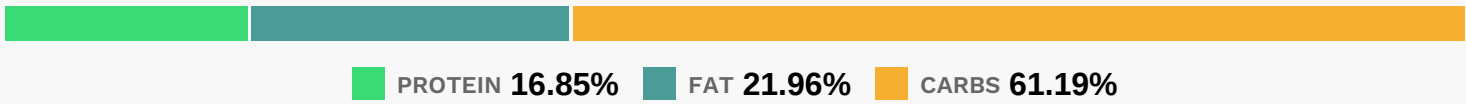
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 5 ingredients in a medium bowl, stirring with a whisk until blended; set aside.
- ☐ To prepare salad, cook barley according to package directions, omitting salt and fat.
- ☐ Combine cooked barley, bell pepper, red onion, and the remaining ingredients in a large bowl, tossing well to combine.
- ☐ Add the dressing, and toss gently to coat evenly.
- ☐ Let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:0.57, Inflammation Score:-6, Nutrition Score:8.9208695266558%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 193.63kcal (9.68%), Fat: 4.85g (7.46%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 23.23g (8.45%), Sugar: 3.31g (3.67%), Cholesterol: 0mg (0%), Sodium: 388.4mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin C: 27.96mg (33.89%), Fiber: 7.17g (28.69%), Manganese: 0.41mg (20.73%), Selenium: 10.18µg (14.54%), Vitamin A: 685.04IU (13.7%), Iron: 2.42mg (13.42%), Potassium: 407.35mg (11.64%), Vitamin B6: 0.14mg (7.22%), Vitamin B3: 1.4mg (6.99%), Phosphorus: 68.32mg (6.83%), Calcium: 65.71mg (6.57%), Magnesium: 26.2mg (6.55%), Copper: 0.12mg (6.22%), Folate: 20.08µg (5.02%), Vitamin B1: 0.07mg (4.75%), Vitamin E: 0.69mg (4.6%), Vitamin K: 4.81µg (4.58%), Zinc: 0.64mg (4.27%), Vitamin B2: 0.06mg (3.27%), Vitamin B5: 0.17mg (1.7%)