



 **57%**  
HEALTH SCORE

## Farmers' Market Barley Risotto

READY IN



75 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 1 cup bell pepper coarsely chopped
- 4 oz mushrooms fresh chopped
- 1 cup corn frozen
- 1 cup quick-cooking barley uncooked
- 0.3 cup wine dry white (from 32-oz carton)
- 2 cups vegetable stock (from 32-oz carton)
- 3 cups water

- 1.5 cups grape tomatoes (cut into quarters) cut in half (if large,
- 0.7 cup parmesan (shredded)
- 3 tablespoons basil (dried fresh chopped)
- 0.5 teaspoon pepper

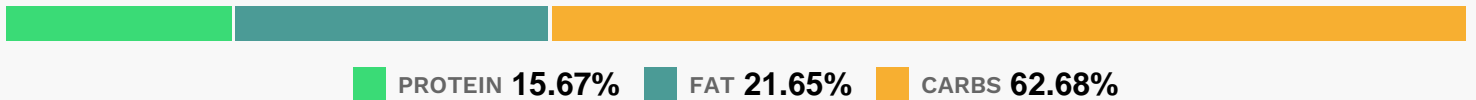
## Equipment

- dutch oven

## Directions

- In 4-quart Dutch oven, heat oil over medium heat. Cook onion, bell pepper, mushrooms and corn in oil about 5 minutes, stirring frequently, until onion is crisp-tender.
- Add barley, stirring about 1 minute to coat.
- Stir in wine and 1/2 cup of the vegetable stock. Cook 5 minutes, stirring frequently, until liquid is almost absorbed. Repeat with remaining stock and 3 cups water, adding 1/2 to 3/4 cup of stock or water at a time and stirring frequently, until absorbed.
- Stir in tomatoes, 1/3 cup of the cheese, the basil and pepper. Cook until thoroughly heated.
- Sprinkle with remaining 1/3 cup cheese.

## Nutrition Facts



## Properties

Glycemic Index:62, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:27.07608700576%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 372.47kcal (18.62%), Fat: 9.18g (14.12%), Saturated Fat: 3.52g (21.99%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 47.56g (17.3%), Sugar: 6.17g (6.86%), Cholesterol: 11.33mg (3.78%), Sodium: 762.09mg (33.13%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 14.95g (29.9%), Vitamin C: 60.4mg (73.22%), Manganese: 1.22mg (60.87%), Vitamin K: 61.71µg (58.78%), Fiber: 12.23g (48.9%), Vitamin A: 2048.92IU (40.98%), Selenium: 25.82µg (36.89%), Phosphorus: 326.64mg (32.66%), Calcium: 302.14mg (30.21%), Iron: 4.94mg (27.45%), Magnesium: 100.23mg (25.06%), Vitamin B3: 4.95mg (24.75%), Vitamin B6: 0.47mg (23.7%), Copper: 0.47mg (23.45%), Vitamin B2: 0.35mg (20.53%), Potassium: 699.89mg (20%), Folate: 72.79µg (18.2%), Zinc: 2.43mg (16.22%), Vitamin B1: 0.22mg (14.72%), Vitamin E: 1.77mg (11.81%), Vitamin B5: 0.99mg (9.9%), Vitamin B12: 0.21µg (3.52%)