



Farmers' Market Barley Risotto

READY IN



75 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bell pepper coarsely chopped
- 0.3 cup wine dry white (from 32-oz carton)
- 2 cups vegetable stock (from 32-oz carton)
- 4 oz mushrooms fresh chopped
- 1 cup corn frozen
- 1.5 cups grape tomatoes cut into quarters) cut in half (if large,
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.7 cup parmesan shredded

- 1 cup quick-cooking barley uncooked
- 0.5 teaspoon pepper
- 3 cups water

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



PROTEIN 15.33% **FAT 21.91%** **CARBS 62.76%**

Properties

Glycemic Index:62, Glycemic Load:2.57, Inflammation Score:-9, Nutrition Score:22.15217383789%

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 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: 365.48kcal (18.27%), Fat: 9.05g (13.93%), Saturated Fat: 3.45g (21.58%), Carbohydrates: 58.36g (19.45%), Net Carbohydrates: 47.26g (17.19%), Sugar: 6.12g (6.8%), Cholesterol: 11.33mg (3.78%), Sodium: 759.81mg (33.04%), Alcohol: 1.54g (100%), Alcohol %: 0.35% (100%), Protein: 14.26g (28.52%), Vitamin C: 60.38mg (73.19%), Manganese: 0.92mg (46.17%), Fiber: 11.09g (44.38%), Vitamin A: 2026.6IU (40.53%), Selenium: 25.73µg (36.76%), Phosphorus: 318.42mg (31.84%), Vitamin B3: 4.8mg (24.01%), Calcium: 234.94mg (23.49%), Vitamin B6: 0.43mg (21.69%), Copper: 0.41mg (20.3%), Magnesium: 78.9mg (19.73%), Vitamin B2: 0.31mg (18.41%), Potassium: 620.99mg (17.74%), Folate: 63.49µg (15.87%), Zinc: 2.22mg (14.8%), Vitamin B1: 0.22mg (14.56%), Iron: 2.25mg (12.48%), Vitamin K: 10.28µg (9.79%), Vitamin E: 1.45mg (9.67%), Vitamin B5: 0.96mg (9.64%), Vitamin B12: 0.21µg (3.52%)