



Fresh Vegetable Barley

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 1.8 cups chicken stock see homemade
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion chopped (1 small)

- ☐ 0.8 cup pearl barley uncooked
- ☐ 1.5 cups zucchini chopped (1)

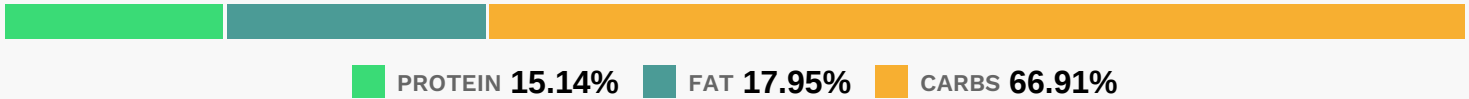
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and garlic; saut 2 minutes.
- ☐ Add barley; cook 1 minute. Stir in Homemade Chicken Stock; bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in zucchini, tomatoes, salt, and pepper; cover and cook 5 minutes. Ladle 1 cup barley mixture into each of 4 bowls. Top each serving with 1 1/2 teaspoons feta and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:13.419130438696%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 232.56kcal (11.63%), Fat: 4.77g (7.34%), Saturated Fat: 1.76g (11%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 32.73g (11.9%), Sugar: 5.79g (6.44%), Cholesterol: 10.72mg (3.57%), Sodium: 407.01mg (17.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.11%), Manganese: 0.71mg (35.33%), Fiber: 7.26g (29.05%), Vitamin C: 23.73mg (28.76%), Selenium: 18.36µg (26.23%), Vitamin B3: 4.02mg (20.09%), Phosphorus: 183.23mg (18.32%), Vitamin B6: 0.36mg (18.16%), Vitamin B2: 0.27mg (15.82%), Copper: 0.3mg (14.96%), Potassium:

512.2mg (14.63%), Magnesium: 52.24mg (13.06%), Vitamin B1: 0.18mg (11.86%), Iron: 1.86mg (10.33%), Folate: 40.76µg (10.19%), Zinc: 1.48mg (9.86%), Vitamin A: 414.85IU (8.3%), Calcium: 78.43mg (7.84%), Vitamin K: 5.69µg (5.42%), Vitamin B5: 0.4mg (3.98%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.14µg (2.39%)