



Fruited Breakfast Barley

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup apricots dried quartered
- ☐ 1 cup milk 1% low-fat
- ☐ 1.3 cups pearl barley uncooked
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt
- ☐ 0.5 cup slivered almonds toasted coarsely chopped
- ☐ 5 cups water

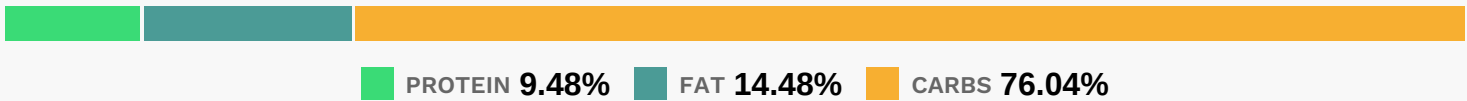
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place 1/3 cup barley in a blender; process until coarsely ground (about 15 to 20 seconds).
- ☐ Place ground barley in a large saucepan. Repeat procedure with remaining barley. Cook barley over medium heat 4 minutes or until toasted, stirring frequently.
- ☐ Add water, sugar, and salt; bring to a boil. Reduce heat; simmer 25 minutes or until barley is soft, stirring frequently.
- ☐ Add milk; cook 5 minutes or until thick, stirring constantly. Stir in raisins, apricots, and almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.03, Glycemic Load:7.18, Inflammation Score:-6, Nutrition Score:12.87304339979%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 324.01kcal (16.2%), Fat: 5.47g (8.41%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 64.62g (21.54%), Net Carbohydrates: 55.38g (20.14%), Sugar: 20.32g (22.57%), Cholesterol: 1.97mg (0.66%), Sodium: 424.51mg (18.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.11%), Manganese: 0.82mg (41.21%), Fiber: 9.24g (36.95%), Selenium: 17.36µg (24.8%), Phosphorus: 193.13mg (19.31%), Copper: 0.38mg (18.97%), Vitamin E: 2.79mg

(18.6%), Magnesium: 72.11mg (18.03%), Potassium: 486.87mg (13.91%), Vitamin B2: 0.24mg (13.83%), Vitamin B3: 2.72mg (13.59%), Iron: 2.07mg (11.48%), Calcium: 111.49mg (11.15%), Vitamin A: 476.78IU (9.54%), Zinc: 1.43mg (9.51%), Vitamin B6: 0.19mg (9.37%), Vitamin B1: 0.14mg (9.04%), Vitamin B12: 0.24µg (4%), Folate: 15.9µg (3.97%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.43µg (2.88%), Vitamin K: 1.29µg (1.23%)