



 **10%**
HEALTH SCORE

Greek Chicken and Barley Salad

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups cucumber cubed seeded
- 4 cups fat-skimmed beef broth fat-free divided
- 0.3 cup feta reduced-fat
- 1 tablespoon basil fresh minced
- 1 tablespoon basil fresh minced
- 1 teaspoon thyme sprigs fresh minced
- 3 garlic clove minced
- 1 cup grape tomatoes halved
- 0.3 cup kalamata olives pitted chopped

- 0.1 teaspoon kosher salt
- 0.5 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 1 teaspoon lemon zest grated
- 1 teaspoon olive oil
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 cup quick-cooking barley uncooked
- 1 teaspoon red wine vinegar
- 12 ounce chicken breast halves boneless skinless
- 0.5 cup bell pepper yellow cubed

Equipment

- bowl
- frying pan
- sauce pan

Directions

- To prepare salad, sprinkle chicken with 1/8 teaspoon salt.
- Heat 1 teaspoon oil in a nonstick skillet over medium-high heat.
- Add chicken; cook 2 minutes on each side or until browned.
- Add 1 cup broth; cover, reduce heat, and simmer 10 minutes or until done. Cool; shred chicken. Discard broth.
- Bring 3 cups broth to a boil in a large saucepan; add barley. Cover, reduce heat, and simmer 35 minutes or until liquid is absorbed. Fluff with a fork. Cool.
- Combine chicken, barley, cucumber, and next 4 ingredients (through olives) in a large bowl.
- To prepare dressing, combine 3 tablespoons oil, rind, and remaining ingredients; stir well.
- Add to barley mixture; toss well. Cover and chill.

Nutrition Facts



■ PROTEIN 24.66% ■ FAT 35.07% ■ CARBS 40.27%

Properties

Glycemic Index:33.5, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:12.296086768741%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 224.32kcal (11.22%), Fat: 8.89g (13.68%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 18.29g (6.65%), Sugar: 1.68g (1.87%), Cholesterol: 30.56mg (10.19%), Sodium: 821.32mg (35.71%), Alcohol: 0g (0%), Protein: 14.07g (28.15%), Selenium: 25.8µg (36.85%), Vitamin B3: 6.46mg (32.28%), Vitamin C: 23.83mg (28.89%), Vitamin B6: 0.47mg (23.3%), Manganese: 0.44mg (21.79%), Fiber: 4.68g (18.73%), Phosphorus: 173.54mg (17.35%), Potassium: 384.38mg (10.98%), Magnesium: 40.86mg (10.21%), Copper: 0.2mg (9.77%), Vitamin K: 10.12µg (9.63%), Vitamin B5: 0.94mg (9.4%), Vitamin E: 1.2mg (7.97%), Vitamin B1: 0.11mg (7.15%), Iron: 1.25mg (6.94%), Vitamin B2: 0.11mg (6.64%), Zinc: 0.93mg (6.22%), Vitamin A: 271.25IU (5.43%), Vitamin B12: 0.31µg (5.2%), Folate: 19.85µg (4.96%), Calcium: 28.35mg (2.84%)