



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 less-sodium chicken broth fat-free divided
- ☐ 0.3 cup feta cheese reduced-fat
- ☐ 1 tablespoon basil fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 3 garlic cloves 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 rind grated
- ☐ 1 teaspoon olive oil
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup pearl barley uncooked
- ☐ 1 teaspoon red wine vinegar
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup bell pepper yellow cubed

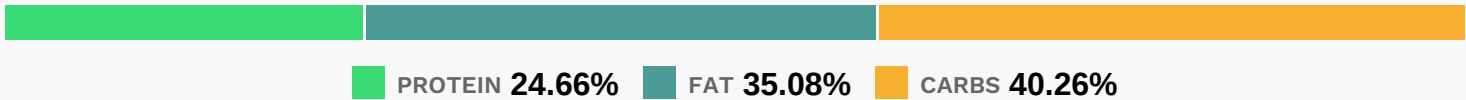
Equipment

- ☐ 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



Properties

Glycemic Index:24.75, Glycemic Load:0.38, Inflammation Score:-6, Nutrition Score:12.217825984177%

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: 224.26kcal (11.21%), Fat: 8.89g (13.68%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 18.29g (6.65%), Sugar: 1.68g (1.87%), Cholesterol: 30.56mg (10.19%), Sodium: 821.31mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.13%), Selenium: 25.8µg (36.85%), Vitamin B3: 6.45mg (32.27%), Vitamin C: 23.79mg (28.83%), Vitamin B6: 0.47mg (23.28%), Manganese: 0.43mg (21.65%), Fiber: 4.68g (18.72%), Phosphorus: 173.4mg (17.34%), Potassium: 383.64mg (10.96%), Magnesium: 40.7mg (10.17%), Copper: 0.19mg (9.72%), Vitamin B5: 0.94mg (9.4%), Vitamin K: 9.08µg (8.65%), Vitamin E: 1.19mg (7.96%), Vitamin B1: 0.11mg (7.14%), Iron: 1.24mg (6.89%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.93mg (6.2%), Vitamin B12: 0.31µg (5.2%), Vitamin A: 258.06IU (5.16%), Folate: 19.68µg (4.92%), Calcium: 27.91mg (2.79%)