



## Healthy & Delicious: Barley Risotto

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 medium carrots peeled chopped fine
- ☐ 1 cup wine dry white
- ☐ 1 teaspoon thyme sprigs fresh minced
- ☐ 6 servings pepper black
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 teaspoon olive oil
- ☐ 1 medium onion chopped fine
- ☐ 1 cup parmesan cheese grated
- ☐ 1.5 cups quick-cooking barley rinsed

- ☐ 6 servings salt
- ☐ 1 tablespoon butter unsalted
- ☐ 4 cups water

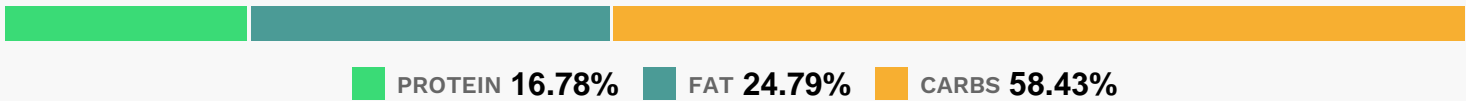
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Bring the broth and water to a simmer in a medium saucepan; reduce the heat to the lowest possible setting and cover to keep warm.
- ☐ Meanwhile, combine the onion, carrot, oil, and 1/2 teaspoon salt in a large saucepan. Cover and cook over medium-low heat, stirring occasionally, until the vegetables are softened, 8 to 10 minutes. Increase the heat to medium, add the barley, and cook, stirring frequently, until lightly browned and aromatic, about 4 minutes. Stir in the wine and continue to cook, stirring frequently, until the wine has been completely absorbed by the barley, about 3 minutes.
- ☐ Stir in the thyme and 3 cups of the warm broth and simmer, stirring occasionally, until the liquid is absorbed and the bottom of the pan is dry, 20 to 22 minutes. Stir in 2 more cups of the warm broth and continue to simmer, stirring occasionally, until the liquid is absorbed and the bottom of the pan is dry, 15 to 20 minutes longer.
- ☐ Continue to cook the risotto, stirring frequently and adding 1/2 cup of the remaining broth at a time as needed to keep the pan bottom from becoming dry (about every 5 to 6 minutes), until the grains of barley are cooked through but still somewhat firm in the center, about 25 minutes. Off the heat, stir in the Parmesan and butter, and season with salt and pepper to taste.
- ☐ Serve immediately in warmed shallow bowls, with wedges of lemon and/or fresh parsley.

## Nutrition Facts



## Properties

Glycemic Index:27.64, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:14.615651838157%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 338.85kcal (16.94%), Fat: 8.8g (13.54%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 38.22g (13.9%), Sugar: 2.26g (2.51%), Cholesterol: 19.52mg (6.51%), Sodium: 555.11mg (24.14%), Alcohol: 4.12g (100%), Alcohol %: 1.15% (100%), Protein: 13.41g (26.82%), Manganese: 0.78mg (38.96%), Vitamin A: 1928.67IU (38.57%), Selenium: 24.85µg (35.51%), Fiber: 8.47g (33.87%), Phosphorus: 280.51mg (28.05%), Vitamin B3: 4.64mg (23.22%), Calcium: 186.51mg (18.65%), Copper: 0.34mg (16.96%), Magnesium: 56.29mg (14.07%), Zinc: 2.07mg (13.82%), Potassium: 397.64mg (11.36%), Vitamin B6: 0.22mg (10.84%), Vitamin B2: 0.18mg (10.65%), Iron: 1.91mg (10.59%), Vitamin B1: 0.12mg (7.84%), Vitamin B12: 0.39µg (6.44%), Folate: 18.55µg (4.64%), Vitamin K: 3.69µg (3.51%), Vitamin C: 2.49mg (3.02%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.32mg (2.11%)