



Hearty Bean and Barley Soup

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup carrots finely chopped
- ☐ 0.3 cup celery chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 garlic clove crushed
- ☐ 7 cups chicken broth fat free
- ☐ 2 teaspoons olive oil

- ☐ 1 cup onion chopped
- ☐ 2 ounces parmesan fresh grated
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 19 ounce kidney beans dark red rinsed drained canned
- ☐ 2 sprigs rosemary (4-inch)
- ☐ 4 ounces pkt spinach

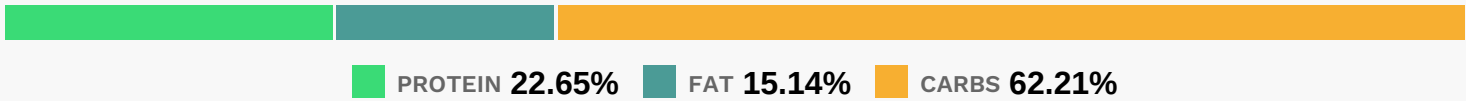
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring first 4 ingredients to a boil in a Dutch oven; reduce heat to medium-low, and cook 15 minutes.
- ☐ Drain through a sieve into a large bowl; discard solids.
- ☐ Measure 1 cup beans, and mash with a fork in a small bowl. Reserve the remaining whole beans.
- ☐ Heat oil in pan over medium heat.
- ☐ Add onions, carrot, and celery; cook 4 minutes.
- ☐ Add broth mixture, mashed beans, whole beans, tomatoes, and barley; bring to a boil. Reduce heat; simmer 15 minutes. Stir in spinach and black pepper; cook 5 minutes or until barley is tender.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:45.76, Glycemic Load:5.58, Inflammation Score:-10, Nutrition Score:24.720869530154%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

Nutrients (% of daily need)

Calories: 281.64kcal (14.08%), Fat: 4.99g (7.67%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 46.07g (15.36%), Net Carbohydrates: 34.97g (12.72%), Sugar: 4.74g (5.26%), Cholesterol: 4.82mg (1.61%), Sodium: 273.93mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.55%), Vitamin A: 4207.88IU (84.16%), Vitamin K: 81.44µg (77.56%), Manganese: 0.97mg (48.67%), Fiber: 11.1g (44.42%), Folate: 136.1µg (34.03%), Phosphorus: 301.29mg (30.13%), Vitamin B3: 5.33mg (26.67%), Copper: 0.51mg (25.62%), Potassium: 855.03mg (24.43%), Iron: 4.31mg (23.96%), Magnesium: 81.79mg (20.45%), Selenium: 12.74µg (18.2%), Vitamin B6: 0.36mg (17.79%), Calcium: 165.81mg (16.58%), Vitamin B1: 0.23mg (15.54%), Vitamin C: 12.76mg (15.46%), Vitamin B2: 0.23mg (13.31%), Zinc: 1.98mg (13.17%), Vitamin E: 1.26mg (8.39%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.29µg (4.86%)