



Indian Curried Barley Pilaf

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 3.5 cups chicken broth
- 0.3 teaspoon curry powder
- 0.5 teaspoon ground allspice
- 0.1 teaspoon pepper black
- 0.5 teaspoon turmeric
- 1 onion diced
- 1.5 cups quick-cooking barley

- 0.5 teaspoon salt
- 0.3 cup slivered almonds

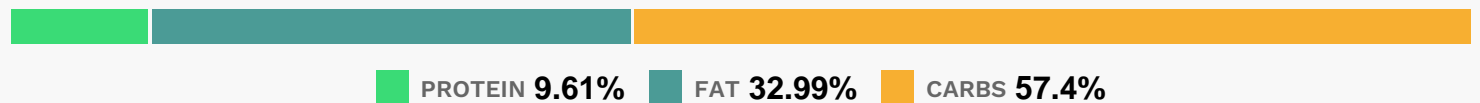
Equipment

- frying pan

Directions

- Melt butter in a large skillet placed over medium-high heat.
- Add the onion and barley; cook, stirring frequently, until the onion begins to soften, about 5 minutes. Stir in the allspice, turmeric, curry powder, salt, and black pepper.
- Pour in the chicken broth, and bring to a simmer.
- Cover skillet with lid, and reduce heat to low; simmer until the barley is tender, about 30 to 40 minutes. Fluff the pilaf with a fork, and gently stir in the slivered almonds and raisins.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:10.799130496771%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 286.83kcal (14.34%), Fat: 10.85g (16.69%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 42.46g (14.15%), Net Carbohydrates: 33.67g (12.24%), Sugar: 1.98g (2.2%), Cholesterol: 23.08mg (7.69%), Sodium: 768.71mg (33.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Manganese: 0.88mg (43.89%), Fiber: 8.78g (35.13%), Selenium: 19.8µg (28.28%), Phosphorus: 146.21mg (14.62%), Copper: 0.29mg (14.37%), Vitamin B3:

2.81mg (14.04%), Magnesium: 55.88mg (13.97%), Vitamin B2: 0.2mg (11.66%), Vitamin E: 1.46mg (9.76%), Vitamin B1: 0.14mg (9.54%), Iron: 1.66mg (9.25%), Zinc: 1.35mg (9.03%), Vitamin B6: 0.16mg (8.14%), Potassium: 234.52mg (6.7%), Vitamin A: 252.47IU (5.05%), Folate: 17.51µg (4.38%), Calcium: 40.68mg (4.07%), Vitamin B5: 0.21mg (2.08%), Vitamin K: 2.01µg (1.91%), Vitamin C: 1.47mg (1.79%)