



Jollof Barley Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon thyme leaves dried
- ☐ 2.5 cups less-sodium chicken broth fat-free
- ☐ 1 cup bell pepper green finely chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.5 cups onion finely chopped
- ☐ 1.5 teaspoons paprika

- ☐ 1.5 cups pearl barley uncooked
- ☐ 0.8 teaspoon salt
- ☐ 1 pound chicken thighs boneless skinless cut into 2-inch pieces
- ☐ 1 pound veal stew meat
- ☐ 1 cup tomatoes finely chopped
- ☐ 10 ounce no-salt-added tomato puree canned
- ☐ 0.3 teaspoon pepper white

Equipment

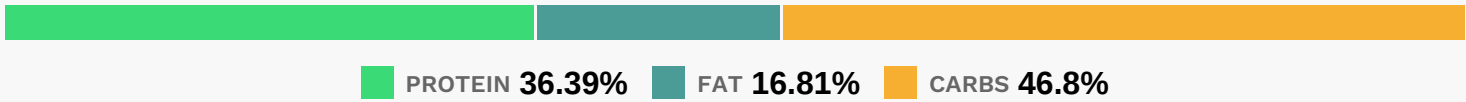
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 4 ingredients in a small bowl.
- ☐ Sprinkle chicken and veal evenly with 1 3/4 teaspoons spice mixture.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken and veal to pan; cook 5 minutes, turning to brown on all sides.
- ☐ Remove chicken mixture from pan; keep warm.
- ☐ Decrease heat to medium.
- ☐ Add onion and bell pepper to pan; cook 5 minutes, stirring frequently.
- ☐ Add remaining spice mixture, thyme, red pepper, and bay leaf to pan; cook 1 minute, stirring occasionally.
- ☐ Add barley; cook 1 minute, stirring constantly.
- ☐ Add broth and remaining ingredients; bring to a boil. Stir in chicken mixture. Cover and simmer 10 minutes, stirring occasionally.
- ☐ Bake at 350 for 1 hour or until barley is tender.

Let stand 10 minutes; discard bay leaf.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:22.228260703709%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg, Quercetin: 8.07mg

Nutrients (% of daily need)

Calories: 316.13kcal (15.81%), Fat: 5.94g (9.14%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 29.42g (10.7%), Sugar: 4.37g (4.86%), Cholesterol: 89.02mg (29.67%), Sodium: 606.69mg (26.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.88%), Selenium: 44.66µg (63.79%), Vitamin B3: 9.92mg (49.62%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 351.45mg (35.15%), Manganese: 0.69mg (34.5%), Fiber: 7.79g (31.17%), Zinc: 4.29mg (28.63%), Vitamin C: 23.62mg (28.63%), Vitamin B12: 1.55µg (25.89%), Potassium: 746.2mg (21.32%), Iron: 3.69mg (20.49%), Copper: 0.4mg (20.02%), Magnesium: 73.2mg (18.3%), Vitamin B2: 0.3mg (17.63%), Vitamin B1: 0.22mg (14.83%), Vitamin B5: 1.36mg (13.57%), Vitamin A: 642.63IU (12.85%), Vitamin K: 9.39µg (8.94%), Vitamin E: 1.29mg (8.59%), Folate: 33.77µg (8.44%), Calcium: 50mg (5%)