



Kalamata Barley

 Vegetarian  Vegan  Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

Ingredients

- 0.5 cup prechopped tricolor bell pepper refrigerated
- 2 tablespoons parsley fresh chopped
- 10 kalamata olives pitted chopped
- 1 teaspoon olive oil extra-virgin
- 0.7 cup quick-cooking barley uncooked (such as Quaker)
- 0.1 teaspoon salt
- 1.3 cups water

Equipment

frying pan

sauce pan

Directions

Bring 1 1/3 cups water to a boil in a medium saucepan; add barley. Cover and cook 12 minutes.

Remove pan from heat; stir in bell pepper and remaining ingredients.

Let stand 5 minutes; fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:9.8160869297774%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 146.24kcal (7.31%), Fat: 2.99g (4.6%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 21.55g (7.84%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 237.5mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin K: 35.19µg (33.51%), Vitamin C: 26.5mg (32.12%), Fiber: 5.99g (23.95%), Manganese: 0.46mg (23.25%), Selenium: 12.68µg (18.11%), Vitamin A: 798.26IU (15.97%), Vitamin B3: 1.77mg (8.83%), Copper: 0.17mg (8.54%), Phosphorus: 80.07mg (8.01%), Magnesium: 31.46mg (7.86%), Vitamin B6: 0.15mg (7.29%), Iron: 1.09mg (6.07%), Vitamin E: 0.84mg (5.61%), Zinc: 0.79mg (5.27%), Vitamin B1: 0.08mg (5.17%), Folate: 19.57µg (4.89%), Potassium: 147.94mg (4.23%), Vitamin B2: 0.06mg (3.32%), Calcium: 21.35mg (2.14%), Vitamin B5: 0.16mg (1.63%)