

Layered Patchwork Soup Mix

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup barley
- 1 tablespoon parsley dried
- 1 teaspoon sage dried
- 0.5 teaspoon garlic powder
- 1 teaspoon sea salt
- 1 teaspoon ground pepper black
- 1 teaspoon penzey's southwest seasoning italian
- 1 teaspoon salt

- 0.5 cup peas dried split
- 0.5 cup rice white uncooked

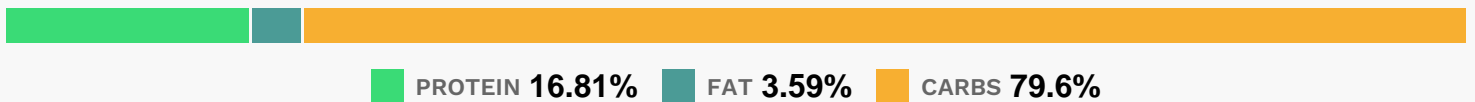
Equipment

- pot
- ziploc bags
- colander

Directions

- In a wide mouth pint jar layer the barley, split peas, rice, and lentils.
- In a small plastic bag combine the parsley, garlic, pepper, salt, garlic powder, Italian seasoning, and sage.
- Empty jar contents into a colander and rinse.
- Place contents in a large stockpot and cover with 10 cups water.
- Stir in 1 chopped medium onion, and the seasoning packet.
- Bring to a boil. Lower heat, cover and simmer for 1 hour, stirring occasionally. Check after 30 minutes and add additional water if necessary.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:7.94, Inflammation Score:-3, Nutrition Score:6.9326087054999%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg

Nutrients (% of daily need)

Calories: 128.82kcal (6.44%), Fat: 0.52g (0.8%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 26g (8.67%), Net Carbohydrates: 20.43g (7.43%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 296.07mg (12.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Manganese: 0.6mg (29.8%), Fiber: 5.57g (22.29%),

Vitamin B1: 0.18mg (11.7%), Copper: 0.2mg (9.98%), Folate: 38.23µg (9.56%), Phosphorus: 92.92mg (9.29%), Selenium: 6.47µg (9.25%), Magnesium: 34.94mg (8.74%), Vitamin K: 7.63µg (7.27%), Iron: 1.26mg (7.01%), Potassium: 206.15mg (5.89%), Zinc: 0.86mg (5.71%), Vitamin B3: 1.11mg (5.57%), Vitamin B6: 0.09mg (4.61%), Vitamin B2: 0.07mg (4.32%), Vitamin B5: 0.38mg (3.79%), Calcium: 22.59mg (2.26%), Vitamin E: 0.16mg (1.1%)