



## Lentil Barley Vegetable Skillet

 Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil
- 8 oz lentils dried rinsed
- 0.5 cup carrots sliced
- 0.3 cup onion coarsely chopped
- 0.8 cup quick-cooking barley uncooked
- 1 teaspoon basil dried
- 0.3 teaspoon pepper
- 28 oz vegetable stock canned

- 1 medium bell pepper green cut into thin bite-size strips
- 0.5 cup celery sliced
- 1 cup corn frozen (from 12-oz bag)
- 14.5 oz canned tomatoes diced italian with herbs, undrained organic canned
- 1 serving parmesan shredded

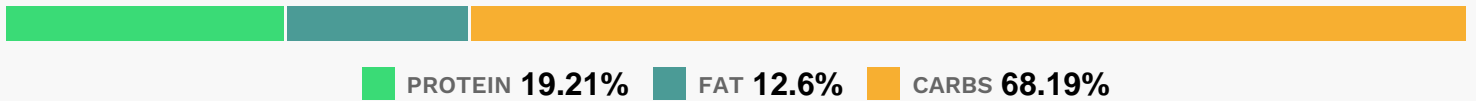
## Equipment

- frying pan

## Directions

- In 12-inch skillet, heat oil over medium heat.
- Add lentils, carrot and onion; cook 3 minutes, stirring frequently.
- Add barley, basil, pepper and broth.
- Heat to boiling; reduce heat to medium-low. Cover; simmer 20 minutes or until lentils are tender but still firm.
- Stir in remaining ingredients except cheese. Increase heat to medium. Cover; simmer 10 to 15 minutes longer, stirring occasionally, until lentils and vegetables are tender and liquid is almost absorbed.
- Garnish individual servings with cheese.

## Nutrition Facts



## Properties

Glycemic Index:47.07, Glycemic Load:5.59, Inflammation Score:-9, Nutrition Score:24.977390990957%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 330.82kcal (16.54%), Fat: 4.81g (7.41%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 58.61g (19.54%), Net Carbohydrates: 40.1g (14.58%), Sugar: 6.62g (7.36%), Cholesterol: 3.4mg (1.13%), Sodium: 720.85mg (31.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.52g (33.03%), Fiber: 18.51g (74.02%), Manganese: 1.09mg (54.48%), Folate: 216.33µg (54.08%), Vitamin A: 2384.51IU (47.69%), Vitamin C: 27.44mg (33.26%), Vitamin B1: 0.48mg (32.25%), Phosphorus: 319.16mg (31.92%), Iron: 4.9mg (27.22%), Vitamin B6: 0.5mg (25.21%), Magnesium: 96.97mg (24.24%), Potassium: 826.39mg (23.61%), Copper: 0.47mg (23.55%), Selenium: 14.42µg (20.59%), Zinc: 2.94mg (19.63%), Vitamin B3: 3.7mg (18.48%), Vitamin K: 15.93µg (15.17%), Calcium: 127.05mg (12.71%), Vitamin B5: 1.26mg (12.56%), Vitamin B2: 0.21mg (12.1%), Vitamin E: 1.58mg (10.54%)