



Mediterranean Barley Salad

 Vegetarian  Vegan  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup barley
- 4 ounce olives black chopped canned
- 0.5 cup cilantro leaves finely chopped
- 2 cloves garlic
- 2 tablespoons olive oil
- 7 sun-dried tomatoes
- 2.5 cups water

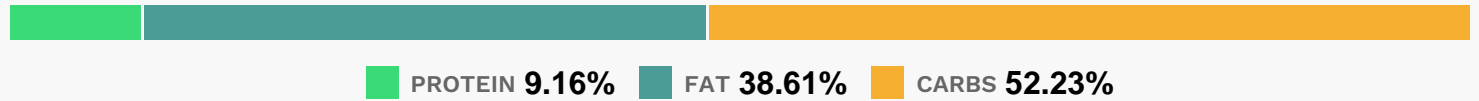
Equipment

- bowl
- sauce pan
- blender

Directions

- Bring barley and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the barley is tender, but still slightly firm in the center, about 30 minutes.
- Drain and cool to room temperature in a bowl.
- Puree the sun-dried tomatoes, garlic, 2 tablespoons olive oil, and balsamic vinegar in a blender until smooth.
- Pour over the barley. Fold in the cilantro, olives, and remaining olive oil until blended. Cover, and refrigerate until cold. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:6.83, Inflammation Score:-4, Nutrition Score:8.5591304976007%

Flavonoids

Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 187.38kcal (9.37%), Fat: 8.34g (12.84%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 19.12g (6.95%), Sugar: 1.64g (1.83%), Cholesterol: 0mg (0%), Sodium: 307.43mg (13.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Manganese: 0.66mg (33.24%), Fiber: 6.27g (25.1%), Selenium: 12.01µg (17.16%), Vitamin B1: 0.22mg (14.49%), Magnesium: 49.29mg (12.32%), Copper: 0.23mg (11.55%), Vitamin E: 1.6mg (10.67%), Phosphorus: 92.7mg (9.27%), Vitamin K: 8.9µg (8.48%), Vitamin B3: 1.69mg (8.45%), Iron: 1.49mg (8.3%), Potassium: 240.57mg (6.87%), Vitamin B6: 0.13mg (6.28%), Zinc: 0.93mg (6.22%), Vitamin B2: 0.1mg (6.08%), Vitamin A: 191.48IU (3.83%), Calcium: 28.94mg (2.89%), Folate: 8.84µg (2.21%), Vitamin C: 1.59mg (1.92%),

Vitamin B5: 0.15mg (1.53%)