



HEALTH SCORE

66%

Mediterranean Barley Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 cup fennel bulb thinly sliced (1 small bulb)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 8 kalamata olives pitted halved
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1.5 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 cup pearl barley uncooked
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup walnuts toasted chopped
- ☐ 2.3 cups water

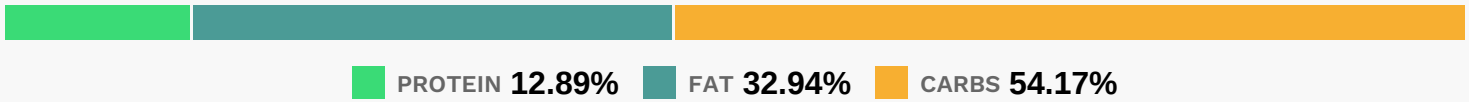
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 2 1/4 cups water and barley to a boil in a saucepan. Cover, reduce heat, and simmer for 25 minutes or until tender and liquid is almost absorbed. Cool to room temperature.
- ☐ Combine lemon rind, lemon juice, olive oil, and mustard in a bowl; stir well with a whisk.
- ☐ Add barley, fennel, and next 6 ingredients (through beans); toss gently. Cover and refrigerate for 30 minutes.
- ☐ Garnish with walnuts just before serving.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:6.24, Inflammation Score:-8, Nutrition Score:23.17391285689%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg, Eriodictyol: 0.78mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol:

0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 406.82kcal (20.34%), Fat: 15.48g (23.81%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 57.25g (19.08%), Net Carbohydrates: 44.17g (16.06%), Sugar: 2.55g (2.84%), Cholesterol: 0mg (0%), Sodium: 598.1mg (26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Vitamin K: 104.61µg (99.63%), Manganese: 1.48mg (73.78%), Fiber: 13.08g (52.33%), Copper: 0.62mg (31.12%), Iron: 5.02mg (27.89%), Magnesium: 110.18mg (27.55%), Folate: 105.33µg (26.33%), Selenium: 16.84µg (24.05%), Phosphorus: 232.41mg (23.24%), Potassium: 783.56mg (22.39%), Vitamin C: 15.45mg (18.73%), Zinc: 2.44mg (16.25%), Vitamin E: 2.42mg (16.12%), Vitamin B1: 0.22mg (14.95%), Vitamin B6: 0.27mg (13.32%), Calcium: 129.57mg (12.96%), Vitamin B3: 2.21mg (11.05%), Vitamin A: 495.05IU (9.9%), Vitamin B2: 0.12mg (6.76%), Vitamin B5: 0.47mg (4.65%)