



HEALTH SCORE

68%

Mediterranean Eggplant and Barley Salad



Very Healthy

READY IN



300 min.

SERVINGS



4

CALORIES



909 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 pound cherry tomatoes quartered
- ☐ 14 oz chicken broth reduced-sodium canned ()
- ☐ 1.5 pound eggplant cut into 1/2-inch cubes
- ☐ 1 cup parsley fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 garlic clove minced

- ☐ 0.5 teaspoon ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 cup olives black pitted halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 10 tablespoons olive oil extra virgin extra-virgin
- ☐ 8 oz quick-cooking barley
- ☐ 0.5 cup onion red rinsed drained thinly sliced
- ☐ 0.5 lb pecorino thin
- ☐ 1 teaspoon salt
- ☐ 1 cup spring onion chopped (from 1 bunch)
- ☐ 0.3 teaspoon sugar
- ☐ 0.8 cup water
- ☐ 0.8 pound zucchini cut into 1/2-inch cubes

Equipment

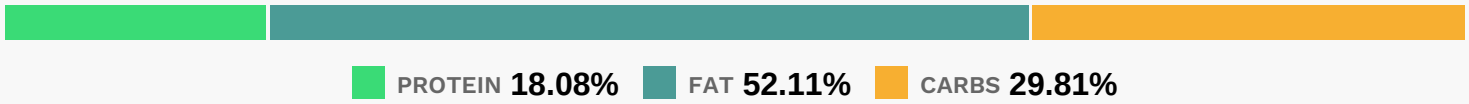
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 425°F.
- ☐ Toss eggplant and zucchini with 5 tablespoons oil, 3/4 teaspoon salt, and 3/4 teaspoon pepper in a bowl, then spread in 2 oiled large shallow (1-inch-deep) baking pans. Roast vegetables in oven, stirring occasionally and switching position of pans halfway through baking, until vegetables are golden brown and tender, 20 to 25 minutes total.
- ☐ Combine vegetables in 1 pan and cool, reserving other pan for cooling barley.

- ☐ Heat 2 tablespoons oil in a 3- to 4-quart heavy pot over moderately high heat until hot but not smoking, then cook scallion, cumin, coriander, and cayenne, stirring, until fragrant, about 1 minute.
- ☐ Add barley and cook, stirring until well coated with oil, 2 minutes more.
- ☐ Add broth and water and bring to a boil. Reduce heat and simmer, covered, until all of liquid is absorbed and barley is tender, 30 to 40 minutes.
- ☐ Remove from heat and let stand, covered, 5 minutes.
- ☐ Transfer to reserved shallow baking pan and spread to quickly cool, uncovered, to room temperature, about 20 minutes.
- ☐ Whisk together lemon juice, garlic, sugar, and remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, and 3 tablespoons oil in a large bowl.
- ☐ Add barley, roasted vegetables, and remaining ingredients to bowl with dressing and toss until combined well.
- ☐ Serve with cheese slices.
- ☐ Salad can be made 1 day ahead and chilled, covered. Return to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:83.02, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:41.195217293242%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 32.66mg, Apigenin: 32.66mg, Apigenin: 32.66mg, Apigenin: 32.66mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 908.98kcal (45.45%), Fat: 53.93g (82.96%), Saturated Fat: 12.35g (77.18%), Carbohydrates: 69.4g (23.13%), Net Carbohydrates: 51.52g (18.73%), Sugar: 12.25g (13.61%), Cholesterol: 78.53mg (26.18%), Sodium:

1323.85mg (57.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.1g (84.19%), Vitamin K: 335.38µg (319.41%), Manganese: 1.62mg (81.23%), Vitamin C: 63.15mg (76.55%), Fiber: 17.88g (71.54%), Selenium: 49.44µg (70.63%), Vitamin A: 2788.09IU (55.76%), Phosphorus: 491.69mg (49.17%), Vitamin E: 7.12mg (47.49%), Potassium: 1360.18mg (38.86%), Vitamin B6: 0.77mg (38.53%), Vitamin B3: 7.38mg (36.91%), Iron: 6.51mg (36.19%), Zinc: 5.4mg (36.03%), Magnesium: 140.06mg (35.01%), Folate: 138.2µg (34.55%), Copper: 0.63mg (31.75%), Vitamin B2: 0.49mg (28.99%), Calcium: 260.68mg (26.07%), Vitamin B12: 1.18µg (19.75%), Vitamin B1: 0.29mg (19.54%), Vitamin B5: 1.15mg (11.52%), Vitamin D: 0.21µg (1.42%)