



HEALTH SCORE

65%

Moroccan Chickpea Barley Salad



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups barley
- ☐ 1.5 cups veggie broth for vegan version (use veg broth)
- ☐ 1.5 cups water
- ☐ 1 teaspoon salt
- ☐ 6 servings olive oil extra virgin
- ☐ 15 ounce chickpeas rinsed canned (garbanzo beans)
- ☐ 1 cup pistachios shelled
- ☐ 1 cup apricots dried diced

- ☐ 2 green onions chopped
- ☐ 1 cup parsley chopped
- ☐ 6 juice of lemon
- ☐ 1 tablespoon ras el hanout spice mix
- ☐ 6 servings salt to taste
- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon cardamom
- ☐ 0.3 teaspoon cayenne
- ☐ 0.3 teaspoon ginger
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 teaspoon turmeric

Equipment

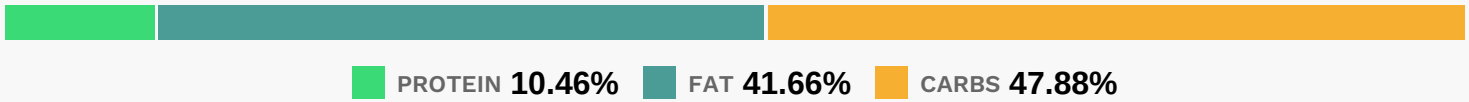
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ colander

Directions

- ☐ Heat 2 tablespoons of olive oil in a large pot on medium high heat.
- ☐ Add the barley and sauté for 3–4 minutes, stirring often.
- ☐ Add the broth, water, and a teaspoon of salt. Bring to a simmer and simmer until the barley is tender, anywhere from 30 minutes to an hour, depending on how old the barley is.
- ☐ Strain the barley, toss with olive oil: Strain the cooked barley through a colander or sieve and run cold water over to cool it quickly. Toss and mix in the colander to strain as much water as you can.
- ☐ Lay out the barley on a sheet pan and drizzle olive oil over it.

- ☐ Mix to coat well and set aside.
- ☐ Combine salad ingredients: In a large bowl, add the chickpeas, pistachios, apricots, green onions and parsley and mix well.
- ☐ Add the zest and juice of the lemon and mix again.
- ☐ Add the barley and mix.
- ☐ Sprinkle the ras el hanout spice mixture over the barley and mix well. Taste, and add salt if needed.
- ☐ Marinate before serving:
- ☐ Let the salad marinate for an hour or so before serving. If the barley has absorbed all the olive oil, drizzle a little more on right before serving.

Nutrition Facts



Properties

Glycemic Index:67.62, Glycemic Load:17.13, Inflammation Score:-10, Nutrition Score:30.626086939936%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 536.46kcal (26.82%), Fat: 26.15g (40.22%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 51.66g (18.79%), Sugar: 15.02g (16.69%), Cholesterol: 0mg (0%), Sodium: 1031.52mg (44.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Vitamin K: 188.23µg (179.27%), Manganese: 2.01mg (100.36%), Fiber: 15.95g (63.79%), Vitamin B6: 0.9mg (45.11%), Vitamin A: 1946.91IU (38.94%), Copper: 0.72mg (36.24%), Vitamin B1: 0.52mg (34.85%), Vitamin C: 27.3mg (33.1%), Magnesium: 124.53mg (31.13%), Phosphorus: 306.96mg (30.7%), Selenium: 20.81µg (29.73%), Iron: 5.17mg (28.7%), Vitamin E: 4.02mg (26.78%),

Potassium: 894.58mg (25.56%), Zinc: 2.51mg (16.72%), Vitamin B3: 3.28mg (16.41%), Folate: 65.1µg (16.28%),
Vitamin B2: 0.21mg (12.64%), Calcium: 111.67mg (11.17%), Vitamin B5: 0.66mg (6.55%)