



HEALTH SCORE

69%

Mushroom and Barley Soup



Vegetarian



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots peeled thinly sliced
- ☐ 32 fluid ounce chicken stock see
- ☐ 1 cup cremini mushrooms thinly sliced
- ☐ 12 ounce regular corn frozen
- ☐ 4 cloves garlic minced
- ☐ 2 cups greens mixed (such as spinach, beet greens, and Swiss chard)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion diced

- ☐ 1 cup pearl barley
- ☐ 1 cup bell pepper diced red

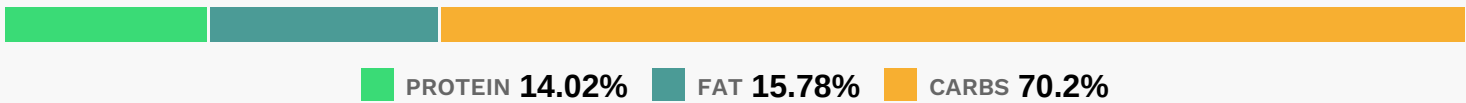
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat. Cook onion, bell pepper, and garlic in hot oil until softened, about 5 minutes.
- ☐ Pour chicken broth over onion mixture; bring to a boil and reduce heat to medium low.
- ☐ Stir mixed greens, corn, pearl barley, cremini mushrooms, and carrot through the simmering stock.
- ☐ Cook until barley is tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.64, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:20.141739307538%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 283.92kcal (14.2%), Fat: 5.24g (8.06%), Saturated Fat: 1.02g (6.34%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 43.96g (15.99%), Sugar: 6.17g (6.86%), Cholesterol: 4.73mg (1.58%), Sodium: 252.71mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.94%), Vitamin A: 4507.99IU (90.16%), Vitamin C: 43.13mg (52.28%), Manganese: 0.69mg (34.65%), Fiber: 8.47g (33.89%), Vitamin B3: 6.01mg (30.03%), Selenium: 20.13µg (28.75%), Vitamin B6: 0.47mg (23.34%), Phosphorus: 209.89mg (20.99%), Vitamin B2: 0.33mg (19.43%), Potassium: 669.96mg (19.14%), Copper: 0.35mg (17.55%), Folate: 66.77µg (16.69%), Vitamin B1: 0.24mg (15.76%), Magnesium: 62.04mg (15.51%), Zinc: 1.67mg (11.13%), Iron: 1.96mg (10.87%), Vitamin B5: 0.64mg (6.38%), Vitamin K: 6.63µg (6.31%), Vitamin E: 0.93mg (6.21%), Calcium: 39.11mg (3.91%)