



Mushroom & Bacon Casserole

READY IN



65 min.

SERVINGS



8

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups beef stock unsalted (such as Swanson)
- 0.3 teaspoon pepper black
- 8 ounces cremini mushrooms sliced
- 1 tablespoon thyme leaves fresh chopped
- 6 garlic cloves minced
- 1 cup gruyère cheese shredded divided
- 0.5 teaspoon kosher salt
- 2 teaspoons lower-sodium soy sauce
- 0.3 cup madeira wine

- 1 cup onion chopped
- 2 cups pearl barley uncooked
- 8 ounces shiitake mushroom caps sliced
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 0.5 cup oil-packed sun-dried tomato halves drained chopped
- 8 slices center-cut bacon chopped
- 3 cups water

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil
- dutch oven

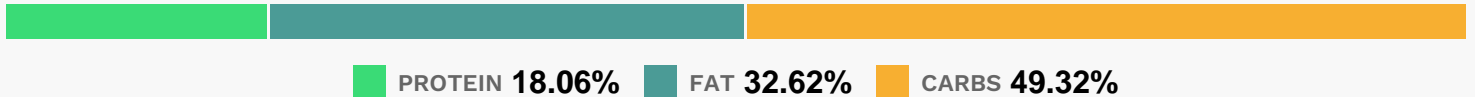
Directions

- Preheat the oven to 37
- Bring stock and 3 cups water to a simmer in a large saucepan (do not boil). Keep mixture warm.
- Cook bacon in a Dutch oven over medium-high heat until crisp.
- Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside. Return pan to medium-high heat.
- Add onion, thyme, and garlic to drippings in pan; saut 3 minutes or until tender.
- Add mushrooms and salt; cook 10 minutes or until browned, stirring occasionally. Stir in barley; cook 1 minute, stirring frequently.
- Add Madeira; cook 1 minute or until liquid is absorbed. Reduce heat to medium. Stir in 2 cups broth mixture; cook 4 minutes or until the liquid is nearly absorbed, stirring frequently.
- Add remaining broth mixture, 1 cup at a time, stirring frequently until each portion of broth mixture is absorbed before adding the next (about 30 minutes total). Stir in 2 ounces Gruyere,

tomatoes, soy sauce, pepper, spinach, and bacon.

- Place barley mixture in a 2-quart glass or ceramic baking dish coated with cooking spray; sprinkle with remaining cheese. Cover with aluminum foil coated with cooking spray.
- Bake at 375 for 15 minutes.
- Remove foil, and bake 10 minutes or until cheese melts.
- Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:2, Inflammation Score:-10, Nutrition Score:31.732173691625%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 416.68kcal (20.83%), Fat: 15.37g (23.65%), Saturated Fat: 6.27g (39.2%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 41.22g (14.99%), Sugar: 6.06g (6.73%), Cholesterol: 32.67mg (10.89%), Sodium: 739.93mg (32.17%), Alcohol: 1.03g (100%), Alcohol %: 0.3% (100%), Protein: 19.15g (38.3%), Vitamin K: 136.71µg (130.2%), Vitamin A: 4433.49IU (88.67%), Manganese: 1.25mg (62.59%), Selenium: 39.03µg (55.76%), Fiber: 11.09g (44.35%), Phosphorus: 400.96mg (40.1%), Vitamin B3: 7.31mg (36.55%), Vitamin B2: 0.56mg (32.95%), Copper: 0.65mg (32.54%), Potassium: 1046.45mg (29.9%), Magnesium: 111.44mg (27.86%), Calcium: 267.32mg (26.73%), Vitamin B6: 0.53mg (26.4%), Folate: 87.3µg (21.83%), Zinc: 3.22mg (21.46%), Vitamin B1: 0.32mg (21.45%), Iron: 3.5mg (19.45%), Vitamin B5: 1.43mg (14.34%), Vitamin C: 8.23mg (9.97%), Vitamin E: 1.21mg (8.04%), Vitamin B12: 0.4µg (6.71%), Vitamin D: 0.33µg (2.19%)