

Mushroom Barley

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup celery finely chopped (1 rib)
- ☐ 14.3 ounce low-salt beef broth canned
- ☐ 8 ounce mushrooms sliced
- ☐ 0.8 cup onion frozen thawed chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup quick-cooking barley uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon worcestershire sauce low-sodium

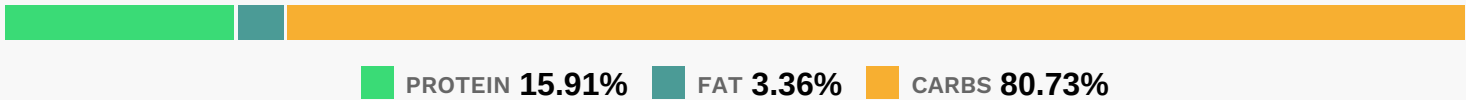
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a medium saucepan; bring to a boil.
- ☐ Add barley; cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add mushrooms, onion, and celery; cook 3 minutes or until tender, stirring often. Stir into cooked barley.
- ☐ carbo rating: 18

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:6.424782510037%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 106.07kcal (5.3%), Fat: 0.41g (0.64%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 17.84g (6.49%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 202.2mg (8.79%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Manganese: 0.38mg (18.89%), Fiber: 4.56g (18.22%), Selenium: 12.18µg (17.39%), Vitamin B3: 2.23mg (11.14%), Copper: 0.21mg (10.42%), Potassium: 317.3mg (9.07%), Vitamin B2: 0.15mg (9%), Phosphorus: 86.87mg (8.69%), Magnesium: 24.88mg (6.22%), Vitamin B6: 0.12mg (5.87%), Vitamin B1: 0.08mg (5.37%), Vitamin B5: 0.53mg (5.3%), Iron: 0.93mg (5.17%), Zinc: 0.72mg (4.79%), Folate: 15.87µg (3.97%), Vitamin C: 2.18mg (2.64%), Vitamin K: 2.58µg (2.46%), Calcium: 16.67mg (1.67%)