

## Mushroom Barley Bake

READY IN



105 min.

SERVINGS



10

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter
- 6 teaspoons chicken bouillon divided
- 0.8 pound mushrooms fresh sliced
- 2 medium onion chopped
- 1.5 cups quick-cooking barley
- 2 ounces pimientos diced drained
- 4 cups water boiling divided

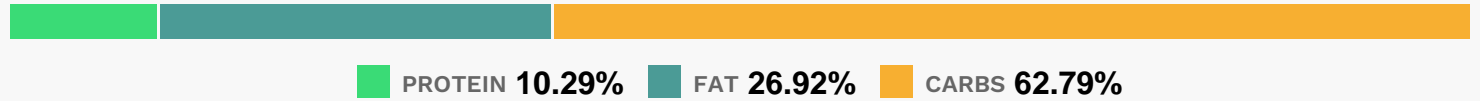
### Equipment

- frying pan
- oven
- baking pan

## Directions

- In a skillet, saute mushrooms and onions in butter until tender. Stir in barley and pimientos.
- Transfer to a greased 13-in. x 9-in. baking dish. Dissolve 3 teaspoons bouillon in 2 cups water; stir in barley mixture. Cover and bake at 325° for 1 hour. Dissolve remaining bouillon in remaining water; stir into barley mixture.
- Bake, uncovered, 30 minutes longer or until liquid is absorbed and barley is tender.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:8.0830434897672%

## Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

## Nutrients (% of daily need)

Calories: 164.28kcal (8.21%), Fat: 5.12g (7.87%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 21.32g (7.75%), Sugar: 2.05g (2.27%), Cholesterol: 12.2mg (4.07%), Sodium: 59.33mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Manganese: 0.45mg (22.31%), Fiber: 5.52g (22.1%), Selenium: 14.67µg (20.95%), Vitamin B3: 2.68mg (13.41%), Copper: 0.26mg (13.08%), Vitamin B2: 0.18mg (10.77%), Phosphorus: 104.58mg (10.46%), Vitamin C: 8.24mg (9.99%), Vitamin B6: 0.15mg (7.75%), Magnesium: 30.48mg (7.62%), Potassium: 236.78mg (6.77%), Vitamin B1: 0.1mg (6.43%), Vitamin B5: 0.63mg (6.28%), Iron: 1.08mg (6.03%), Vitamin A: 299.39IU (5.99%), Zinc: 0.88mg (5.87%), Folate: 17.46µg (4.37%), Calcium: 19.56mg (1.96%), Vitamin K: 1.72µg (1.64%), Vitamin E: 0.19mg (1.29%)