



Mushroom Lentil Barley Stew



Vegetarian



Vegan



Dairy Free

READY IN



735 min.

SERVINGS



8

CALORIES



169 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves
- ☐ 2 cups button mushrooms fresh sliced
- ☐ 1 teaspoon basil dried
- ☐ 0.3 cup onion flakes dried
- ☐ 1 ounce mushroom caps dried
- ☐ 2 teaspoons garlic minced
- ☐ 2 teaspoons ground pepper black
- ☐ 0.8 cup lentils dry

- ☐ 0.8 cup pearl barley uncooked
- ☐ 8 servings salt to taste
- ☐ 2 teaspoons summer savory dried
- ☐ 2 quarts vegetable broth

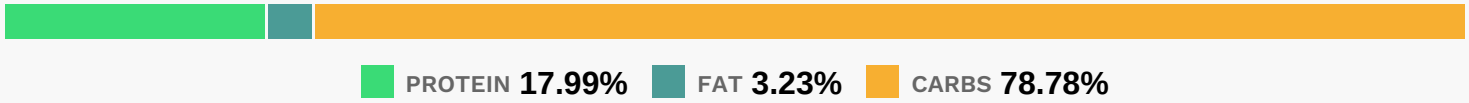
Equipment

- ☐ slow cooker

Directions

- ☐ In a slow cooker, mix the broth, button mushrooms, shiitake mushrooms, barley, lentils, onion flakes, garlic, savory, bay leaves, basil, pepper, and salt.
- ☐ Cover, and cook 4 to 6 hours on High or 10 to 12 hours on Low.
- ☐ Remove bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:2.98, Inflammation Score:-6, Nutrition Score:13.506086832803%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 169.38kcal (8.47%), Fat: 0.63g (0.98%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 24.84g (9.03%), Sugar: 3.75g (4.16%), Cholesterol: 0mg (0%), Sodium: 1145.57mg (49.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.95g (15.91%), Fiber: 9.99g (39.94%), Manganese: 0.73mg (36.59%), Folate: 103.86µg (25.96%), Copper: 0.46mg (23.02%), Selenium: 12.71µg (18.16%), Phosphorus: 163.03mg (16.3%), Vitamin B5: 1.61mg (16.09%), Vitamin B1: 0.24mg (15.92%), Iron: 2.69mg (14.96%), Vitamin B3: 2.78mg (13.92%), Vitamin B6: 0.27mg (13.42%), Magnesium: 51.85mg (12.96%), Vitamin B2: 0.21mg (12.12%), Zinc: 1.77mg (11.78%), Potassium: 409.59mg (11.7%), Vitamin A: 584.66IU (11.69%), Calcium: 54.2mg (5.42%), Vitamin C: 3.6mg (4.36%), Vitamin K: 4.35µg (4.15%), Vitamin D: 0.19µg (1.24%)