



Mushroom Lentil Barley Stew



Vegetarian



Vegan



Dairy Free

READY IN



735 min.

SERVINGS



8

CALORIES



106 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 pearl barley uncooked

- ☐ 8 servings salt to taste
- ☐ 2 teaspoons summer savory dried
- ☐ 2 quarts vegetable broth

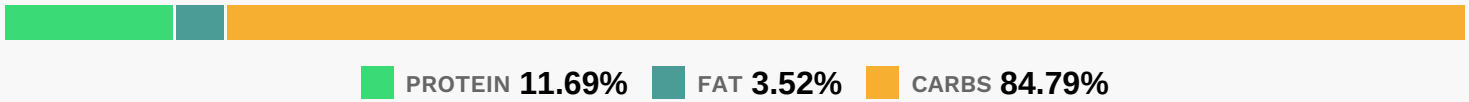
Equipment

- ☐ 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:17.38, Glycemic Load:1.67, Inflammation Score:-5, Nutrition Score:8.2273913608945%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.84kcal (5.29%), Fat: 0.44g (0.68%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 19.52g (7.1%), Sugar: 3.38g (3.76%), Cholesterol: 0mg (0%), Sodium: 1144.49mg (49.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.49mg (24.62%), Copper: 0.37mg (18.35%), Fiber: 4.5g (17.98%), Selenium: 11.21µg (16.02%), Vitamin B5: 1.22mg (12.24%), Vitamin B3: 2.32mg (11.57%), Vitamin A: 577.64IU (11.55%), Vitamin B2: 0.17mg (9.88%), Vitamin B6: 0.17mg (8.56%), Phosphorus: 81.85mg (8.18%), Magnesium: 29.89mg (7.47%), Iron: 1.34mg (7.42%), Potassium: 237.69mg (6.79%), Zinc: 0.91mg (6.05%), Vitamin B1: 0.08mg (5.45%), Calcium: 44.12mg (4.41%), Folate: 17.64µg (4.41%), Vitamin C: 2.81mg (3.4%), Vitamin K: 3.45µg (3.29%), Vitamin D: 0.19µg (1.24%)