



Onion Barley Casserole

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon beef bouillon granules
- 4 ounces mushrooms whole drained canned
- 1 tablespoon canola oil
- 0.5 cup spring onion sliced
- 0.5 cup quick-cooking barley
- 0.3 teaspoon salt
- 1.5 cups water

Equipment

frying pan

oven

Directions

In an ovenproof skillet, saute barley in oil until golden brown. Stir in water, bouillon and salt; bring to boil.

Remove from the heat; add onions and mushrooms.

Cover and bake at 350° for 40–50 minutes or until barley is tender.

Nutrition Facts



PROTEIN 10.83% **FAT 26.11%** **CARBS 63.06%**

Properties

Glycemic Index:16, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:7.7060869737812%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 130.03kcal (6.5%), Fat: 3.93g (6.05%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 16.84g (6.12%), Sugar: 1.13g (1.25%), Cholesterol: 0.02mg (0.01%), Sodium: 275.45mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin K: 28.92µg (27.54%), Manganese: 0.37mg (18.31%), Fiber: 4.51g (18.03%), Selenium: 12.27µg (17.54%), Vitamin B3: 2.26mg (11.28%), Copper: 0.22mg (10.99%), Vitamin B2: 0.15mg (9.04%), Phosphorus: 85.38mg (8.54%), Magnesium: 25.94mg (6.49%), Potassium: 196.7mg (5.62%), Iron: 0.96mg (5.36%), Vitamin B1: 0.08mg (5.24%), Vitamin B6: 0.1mg (5.16%), Vitamin B5: 0.51mg (5.06%), Zinc: 0.74mg (4.93%), Folate: 18.73µg (4.68%), Vitamin E: 0.69mg (4.59%), Vitamin C: 2.95mg (3.57%), Vitamin A: 130.13IU (2.6%), Calcium: 20.15mg (2.02%)