



Orzo-Barley Pilaf

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz fat-skimmed beef broth fat-free 33% with less sodium canned
- 0.3 cup water
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon salt
- 3 oz mushrooms fresh sliced
- 3 oz soup noodles (rice-shaped uncooked)
- 0.5 cup quick-cooking barley uncooked
- 2 tablespoons spring onion sliced (2 medium)

0.5 teaspoon lemon zest grated

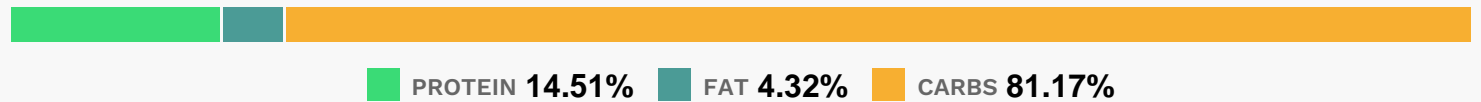
Equipment

sauce pan

Directions

- In 2-quart nonstick saucepan, heat broth, water, thyme and salt to boiling. Stir in mushrooms, orzo and barley. Return to boiling.
- Reduce heat to low; cover and simmer 15 to 18 minutes or until orzo and barley are tender and liquid is absorbed.
- Stir in onions and lemon peel. If desired, season to taste with pepper.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:6.59, Inflammation Score:-4, Nutrition Score:8.7886957098608%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 176.86kcal (8.84%), Fat: 0.86g (1.33%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 31.53g (11.46%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 557.01mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Selenium: 27.04µg (38.63%), Manganese: 0.56mg (27.79%), Fiber: 4.93g (19.73%), Vitamin B3: 2.86mg (14.27%), Copper: 0.26mg (12.97%), Phosphorus: 126.04mg (12.6%), Vitamin B2: 0.15mg (8.9%), Magnesium: 35.11mg (8.78%), Iron: 1.24mg (6.88%), Vitamin B6: 0.13mg (6.72%), Zinc: 0.98mg (6.54%), Vitamin K: 6.78µg (6.46%), Potassium: 225.03mg (6.43%), Vitamin B1: 0.09mg (6.2%), Vitamin B5: 0.6mg (6.04%), Folate: 16.25µg (4.06%), Vitamin B12: 0.21µg (3.45%), Vitamin C: 1.73mg (2.1%), Calcium: 20.36mg (2.04%)