



HEALTH SCORE

61%

Pearl Barley with Peas and Edamame



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 1 cup edamame frozen shelled
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest
- ☐ 1 cup pearl barley dry
- ☐ 1 cup peas frozen
- ☐ 0.3 teaspoon sea salt
- ☐ 1 cup fresh spinach chopped
- ☐ 2.3 teaspoons worcestershire sauce

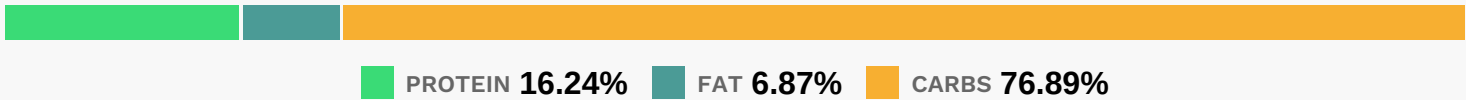
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place barley and 4 cups water in a medium saucepan; bring to a boil. Cover, reduce heat to low, and cook until water is nearly absorbed, 25–30 minutes. Stir in edamame and peas
- ☐ and cook, uncovered, until barley absorbs all
- ☐ of the remaining water, 5–10 minutes.
- ☐ Remove from heat.
- ☐ Stir in spinach; set aside.
- ☐ Combine Worcestershire sauce, lemon zest, lemon juice, and sea salt in a small bowl, whisking well.
- ☐ Pour vinaigrette over barley; stir to combine.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:1.43, Inflammation Score:-7, Nutrition Score:15.786521688752%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 256.28kcal (12.81%), Fat: 2.01g (3.09%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 50.51g (16.84%), Net Carbohydrates: 38.88g (14.14%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 201.56mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.33%), Fiber: 11.63g (46.5%), Vitamin K: 46.35µg (44.14%), Manganese: 0.88mg (43.9%), Selenium: 19.61µg (28.01%), Vitamin C: 20.19mg (24.47%), Vitamin A: 994.97IU (19.9%), Iron: 3.18mg (17.64%), Vitamin B3: 3.15mg (15.73%), Phosphorus: 155.89mg (15.59%), Copper: 0.29mg (14.6%), Magnesium: 58.28mg (14.57%), Potassium: 471.32mg (13.47%), Vitamin B1: 0.2mg (13.46%), Folate: 51.1µg (12.78%), Vitamin B6: 0.21mg (10.49%), Zinc: 1.57mg (10.44%), Vitamin B2: 0.12mg (7.34%), Calcium: 66.53mg (6.65%), Vitamin B5: 0.19mg (1.93%), Vitamin E: 0.22mg (1.48%)