



## Portobello Mushroom Barley

READY IN



38 min.

SERVINGS



17

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.7 cups no-salt-added beef broth canned
- 0.3 cup cooking wine dry white
- 1 clove garlic minced
- 0.3 pound leek
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese grated
- 5 ounces portabello mushrooms fresh chopped
- 1 cup quick-cooking barley uncooked
- 0.1 teaspoon salt

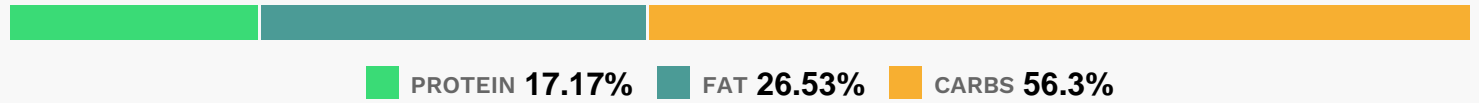
# Equipment

frying pan

# Directions

- Remove and discard root, tough outer leaves, and top from leek. Finely chop leek.
- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium heat until hot.
- Add chopped leek, mushrooms, and garlic; saute until mushrooms are tender.
- Add barley and next 3 ingredients; bring to a boil. Cover, reduce heat, and simmer 16 to 18 minutes or until barley is tender and most of liquid is absorbed.
- Remove from heat; let stand 5 minutes.
- Sprinkle with cheese, and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:4.53, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:4.0395652314891%

# Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 77.93kcal (3.9%), Fat: 2.24g (3.44%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 8.62g (3.13%), Sugar: 0.61g (0.68%), Cholesterol: 6.49mg (2.16%), Sodium: 165.63mg (7.2%), Alcohol: 0.48g (100%), Alcohol %: 1.41% (100%), Protein: 3.26g (6.51%), Selenium: 8.39µg (11.99%), Manganese: 0.2mg (10.23%), Fiber: 2.07g (8.27%), Vitamin B3: 1.36mg (6.78%), Phosphorus: 55.15mg (5.51%), Vitamin B6: 0.1mg (4.78%), Copper: 0.09mg (4.72%), Vitamin C: 3.85mg (4.66%), Zinc: 0.65mg (4.34%), Iron: 0.67mg (3.71%), Vitamin

B12: 0.21µg (3.49%), Vitamin K: 3.57µg (3.4%), Magnesium: 13.43mg (3.36%), Potassium: 113.34mg (3.24%), Vitamin B2: 0.05mg (2.74%), Folate: 9.95µg (2.49%), Vitamin B1: 0.04mg (2.46%), Vitamin A: 118.89IU (2.38%), Vitamin B5: 0.21mg (2.06%), Calcium: 14.33mg (1.43%)