



Quick Mushroom Barley Pilaf Ww

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups vegetable stock
- 0.7 cup quick-cooking barley
- 2 cups mushrooms sliced
- 1 tablespoon soy sauce low sodium

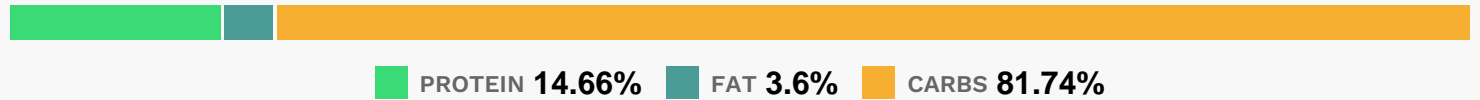
Equipment

- frying pan
- sauce pan

Directions

- Bring broth to a boil in a saucepan; add barley. Simmer, covered, 12 minutes.
- Spray a skillet with nonstick spray and set over medium-high heat.
- Add 2 cups sliced mushrooms and cook until tender.
- Add the barley and soy sauce.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:8.3469565355259%

Nutrients (% of daily need)

Calories: 134.09kcal (6.7%), Fat: 0.56g (0.86%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 22.99g (8.36%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 462.73mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Selenium: 17.05µg (24.36%), Manganese: 0.48mg (24.01%), Fiber: 5.71g (22.83%), Vitamin B3: 3.31mg (16.57%), Copper: 0.29mg (14.73%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 121.59mg (12.16%), Magnesium: 33.41mg (8.35%), Vitamin B5: 0.83mg (8.25%), Potassium: 260.05mg (7.43%), Vitamin B6: 0.14mg (7.15%), Vitamin B1: 0.1mg (6.94%), Zinc: 0.99mg (6.61%), Iron: 1.13mg (6.26%), Folate: 17.59µg (4.4%), Vitamin A: 174.18IU (3.48%), Calcium: 12.31mg (1.23%), Vitamin C: 1.01mg (1.22%)