



Quick Mushroom-Barley Soup



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



305 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots cut into 1/4-inch-thick rounds
- ☐ 10 ounce cremini mushrooms white sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 onion finely chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup pearl barley
- ☐ 4 servings salt and pepper

☐ 2 tablespoons vegetable oil

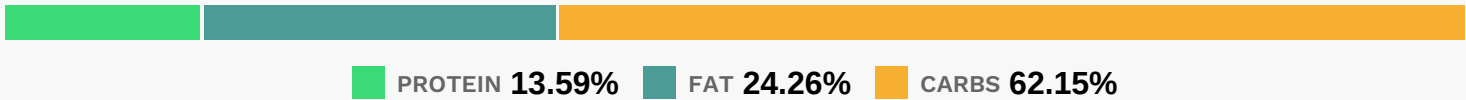
Equipment

☐ sauce pan

Directions

- ☐ Warm oil in a large saucepan over medium heat.
- ☐ Add onion and carrots and cook, stirring occasionally, until softened, about 8 minutes.
- ☐ Add mushrooms and saut until they release their liquid, about 5 minutes.
- ☐ Add barley, oregano and thyme and stir 1 minute.
- ☐ Add chicken broth and 3 cups water and bring to a boil. Lower heat, cover and simmer until barley is tender, about 30 minutes. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:19.71, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:22.565217317446%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 304.54kcal (15.23%), Fat: 8.63g (13.28%), Saturated Fat: 1.51g (9.47%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 40.08g (14.57%), Sugar: 4.47g (4.97%), Cholesterol: 0mg (0%), Sodium: 277.92mg (12.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Vitamin A: 5115.88IU (102.32%), Selenium: 37.46µg (53.52%), Manganese: 0.86mg (43.18%), Vitamin B3: 7.77mg (38.85%), Fiber: 9.7g (38.8%), Copper: 0.68mg (34.09%), Vitamin B2: 0.48mg (28.49%), Phosphorus: 267.92mg (26.79%), Potassium: 751.69mg (21.48%), Vitamin K: 21.44µg (20.42%), Vitamin B6: 0.3mg (15.2%), Zinc: 2.16mg (14.38%), Magnesium: 55.01mg (13.75%), Vitamin B5: 1.32mg (13.23%), Vitamin B1: 0.2mg (13.11%), Iron: 2.3mg (12.8%), Folate: 41.17µg (10.29%), Calcium: 57.2mg (5.72%), Vitamin E: 0.84mg (5.57%), Vitamin C: 3.9mg (4.73%), Vitamin B12: 0.25µg (4.13%)