



Risotto-Style Barley with Spring Greens

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh trimmed thinly sliced
- ☐ 6 servings basil sprigs fresh
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1.5 cups fennel bulb finely chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 cups baby lima beans frozen thawed
- ☐ 2 large leeks white green chopped (and pale parts only)
- ☐ 6.5 cups low-salt chicken broth canned

- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 cups pearl barley
- ☐ 0.5 teaspoon saffron threads

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Generously spray heavy large pot with nonstick spray.
- ☐ Place pot over medium-high heat.
- ☐ Add half of leeks and half of fennel to pot. Sauté until vegetables are tender, about 5 minutes. Stir in thyme, then barley.
- ☐ Add 2 1/2 cups broth and saffron. Simmer until liquid is almost absorbed, stirring frequently, about 10 minutes.
- ☐ Add remaining leeks, fennel and 4 cups broth. Bring to simmer. Reduce heat to medium-low and cook until barley is tender and mixture is creamy, stirring often, about 30 minutes.
- ☐ Meanwhile, cook lima beans in large saucepan of boiling salted water until tender but still bright green, about 3 minutes.
- ☐ Drain.
- ☐ Add lima beans, spinach, Parmesan cheese and chopped basil to barley and stir to blend. Season with salt and pepper.
- ☐ Transfer mixture to 6 shallow bowls.
- ☐ Garnish with basil sprigs and serve.
- ☐ Per serving: calories, 352; total fat, 5 g; saturated fat, 1 g; cholesterol, 4 mg.
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN **17.83%**  FAT **8.9%**  CARBS **73.27%**

Properties

Glycemic Index:53.17, Glycemic Load:1.74, Inflammation Score:-10, Nutrition Score:29.513913160433%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 379.69kcal (18.98%), Fat: 3.93g (6.04%), Saturated Fat: 1.36g (8.52%), Carbohydrates: 72.72g (24.24%), Net Carbohydrates: 57.92g (21.06%), Sugar: 3.01g (3.34%), Cholesterol: 3.63mg (1.21%), Sodium: 216.79mg (9.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Vitamin K: 179.99µg (171.42%), Manganese: 1.66mg (82.87%), Vitamin A: 3457.27IU (69.15%), Fiber: 14.8g (59.19%), Selenium: 28.2µg (40.29%), Vitamin B3: 7.49mg (37.45%), Phosphorus: 330.09mg (33.01%), Magnesium: 113.68mg (28.42%), Copper: 0.56mg (28.15%), Iron: 4.97mg (27.61%), Folate: 109.2µg (27.3%), Potassium: 910.53mg (26.02%), Vitamin C: 18.11mg (21.95%), Vitamin B6: 0.41mg (20.38%), Vitamin B2: 0.27mg (15.88%), Zinc: 2.38mg (15.84%), Vitamin B1: 0.22mg (14.6%), Calcium: 144.85mg (14.48%), Vitamin E: 1.04mg (6.95%), Vitamin B12: 0.31µg (5.2%), Vitamin B5: 0.39mg (3.94%)