



Roasted Barley Salad with Bacon and Vegetables

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tablespoon apple cider vinegar
- ☐ 6 slices bacon cut into 1/2-inch pieces
- ☐ 8 servings 1 bay leaf
- ☐ 1 carrots cut into 1/2-inch rounds
- ☐ 2 cloves garlic sliced thin
- ☐ 5 cups low-salt chicken broth canned
- ☐ 0.5 pound button mushroom sliced

- ☐ 0.3 cup olive oil
- ☐ 0.8 cup parsley italian minced
- ☐ 0.8 pound pearl barley
- ☐ 8 servings salt
- ☐ 1 tablespoon thyme leaves minced
- ☐ 5 cups water
- ☐ 1 zucchini

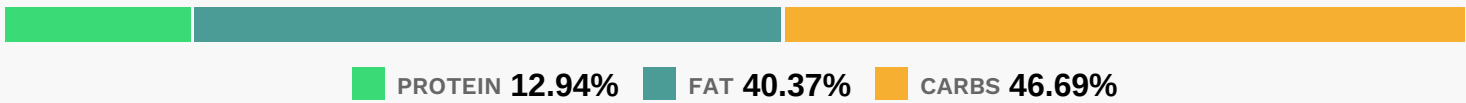
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Put barley in a saute pan over medium heat and toast until medium brown. In a pot, bring the stock and water to a boil with the bay leaf and salt.
- ☐ Add toasted barley and cook until tender about 20 minutes.
- ☐ Drain and spread out on cookie sheet to cool.
- ☐ Cook bacon in nonstick skillet until crisp.
- ☐ Remove and add the garlic to the same skillet. When it begins to turn light brown, add the carrots and thyme.
- ☐ Saute for 1 minute, then add the zucchini and continue to saute for another 30 seconds. Take off the heat and add vinegar and olive oil, and season. Set aside and let cool.
- ☐ Toss the barley with the sliced mushrooms, bacon, carrot mixture and parsley. Season well with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:19.656521810138%

Flavonoids

Apigenin: 12.15mg, Apigenin: 12.15mg, Apigenin: 12.15mg, Apigenin: 12.15mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 324.02kcal (16.2%), Fat: 15.02g (23.1%), Saturated Fat: 3.57g (22.28%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 31.12g (11.32%), Sugar: 2.15g (2.39%), Cholesterol: 10.89mg (3.63%), Sodium: 371.23mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Vitamin K: 99.32µg (94.59%), Manganese: 0.77mg (38.45%), Vitamin A: 1915.63IU (38.31%), Fiber: 7.96g (31.85%), Selenium: 22.19µg (31.7%), Vitamin B3: 5.97mg (29.83%), Copper: 0.41mg (20.57%), Phosphorus: 205.42mg (20.54%), Vitamin C: 15.01mg (18.2%), Vitamin B2: 0.26mg (15.42%), Iron: 2.69mg (14.97%), Potassium: 507.46mg (14.5%), Vitamin B6: 0.28mg (14.2%), Magnesium: 52.38mg (13.1%), Vitamin B1: 0.17mg (11.51%), Zinc: 1.63mg (10.88%), Folate: 32.69µg (8.17%), Vitamin E: 1.18mg (7.85%), Vitamin B5: 0.74mg (7.37%), Calcium: 52.5mg (5.25%), Vitamin B12: 0.24µg (4.02%)