



 **51%**  
HEALTH SCORE

## Roasted Beef, Mushroom, and Barley Soup

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound sirloin steak cut into ½-inch pieces
- 1 pound mushrooms trimmed halved
- 2 shallots coarsely chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 4 cups chicken broth low-sodium
- 0.5 cup quick-cooking barley

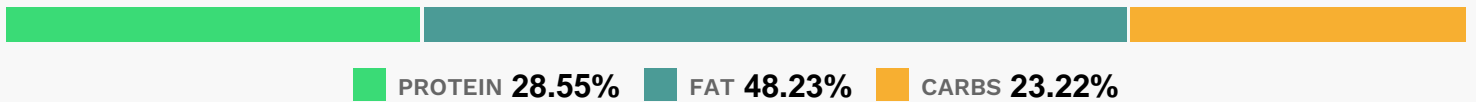
### Equipment

- baking sheet
- oven
- pot
- roasting pan

## Directions

- Preheat oven to 425 degrees. In a roasting pan or rimmed baking sheet, toss together steak, mushrooms, shallots, and olive oil; season with salt and pepper. Arrange in a single layer and roast until beef and mushrooms are browned, about 30 minutes.
- Transfer to a medium pot and add broth and barley. Bring mixture to a boil over medium-high, then reduce heat and simmer until barley is soft, about 12 minutes. To serve, season to taste with salt and pepper and top with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:23.770435131762%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 474.09kcal (23.7%), Fat: 25.95g (39.93%), Saturated Fat: 8.33g (52.04%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 22.64g (8.23%), Sugar: 3.75g (4.17%), Cholesterol: 63.5mg (21.17%), Sodium: 155.34mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.56g (69.13%), Vitamin B3: 12.63mg (63.13%), Vitamin B12: 3.43µg (57.23%), Selenium: 39.26µg (56.08%), Vitamin B2: 0.76mg (44.86%), Phosphorus: 429.73mg (42.97%), Copper: 0.69mg (34.37%), Zinc: 5.14mg (34.24%), Vitamin B6: 0.68mg (34.07%), Potassium: 1027.66mg (29.36%), Iron: 4.18mg (23.2%), Manganese: 0.44mg (22.01%), Fiber: 5.49g (21.95%), Vitamin B5: 2.16mg (21.6%), Vitamin B1: 0.26mg (17.52%), Magnesium: 58.22mg (14.56%), Folate: 36.17µg (9.04%), Vitamin E: 1.03mg (6.89%), Vitamin K: 4.88µg (4.65%), Vitamin C: 3.39mg (4.1%), Calcium: 32.38mg (3.24%), Vitamin D: 0.23µg (1.51%)