



Roasted Pumpkin and Barley Risotto

READY IN



75 min.

SERVINGS



3

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup barley
- 2 teaspoons butter
- 4 cups chicken stock see
- 2 teaspoons ground cumin
- 0.5 teaspoon thyme dried
- 2 teaspoons mint leaves fresh
- 2 cloves garlic minced
- 3 servings ginger minced chunk
- 1 small onion diced finely

- 1 teaspoon oregano
- 0.5 teaspoon peppercorns
- 1 cup pumpkin puree
- 3 servings salt and pepper to taste
- 2 teaspoons cream sour
- 1 teaspoon worcestershire sauce

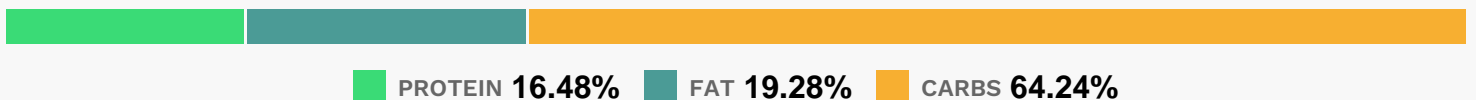
Equipment

- oven
- baking pan

Directions

- Cut the pumpkin, clean out the innards and place cut face down in a baking dish with a 1/4 inch of water.
- Bake in a 400 degree oven for 45 minutes until the insides are soft and cooked.Scoop out the cooked flesh and puree with the tiniest bit of milk to make a smooth puree.
- Saute the onions and garlic in butter until translucent.
- Add in the barley and toast for a couple of minutes.Season with salt, pepper, cumin, thyme and oregano.
- Add two cups of stock and cook until the liquid is almost absorbed.Stir in the pumpkin puree.
- Add the rest of the stock in half cup measures and stirring until it is fully absorbed.Slowly, the barley will become creamy as the starch releases.When you are done with all the stock, remove from heat and stir in the sour cream.
- Serve immediately garnished with mint leaves and a drop of pumkiny-sour cream.

Nutrition Facts



Properties

Glycemic Index:66.67, Glycemic Load:13.24, Inflammation Score:-10, Nutrition Score:28.198695652174%

Flavonoids

Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 413.83kcal (20.69%), Fat: 9.11g (14.02%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 54.18g (19.7%), Sugar: 9.64g (10.71%), Cholesterol: 18.34mg (6.11%), Sodium: 715.29mg (31.1%), Protein: 17.52g (35.04%), Vitamin A: 12876.47IU (257.53%), Manganese: 1.57mg (78.37%), Fiber: 14.13g (56.53%), Selenium: 31.19µg (44.56%), Vitamin B3: 8.36mg (41.82%), Vitamin B1: 0.56mg (37.09%), Magnesium: 125.8mg (31.45%), Iron: 5.63mg (31.28%), Copper: 0.62mg (30.85%), Vitamin B2: 0.52mg (30.49%), Phosphorus: 300.62mg (30.06%), Potassium: 895.74mg (25.59%), Vitamin B6: 0.51mg (25.45%), Vitamin K: 23.75µg (22.62%), Zinc: 2.47mg (16.49%), Folate: 44.96µg (11.24%), Vitamin E: 1.6mg (10.65%), Calcium: 95.75mg (9.58%), Vitamin C: 7.03mg (8.52%), Vitamin B5: 0.57mg (5.74%)