



WHATSheATE



HEALTH SCORE

52%

Slow-Cooker Beefy Vegetable-Barley Soup



Dairy Free

READY IN



530 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb stew meat
- ☐ 0.5 cup onion frozen thawed chopped (from 12-oz bag)
- ☐ 0.5 cup barley uncooked
- ☐ 3.5 cups beef broth flavored (from 32-oz carton)
- ☐ 1 cup water
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon marjoram dried
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon pepper
- ☐ 2 cups savory vegetable mixed frozen thawed

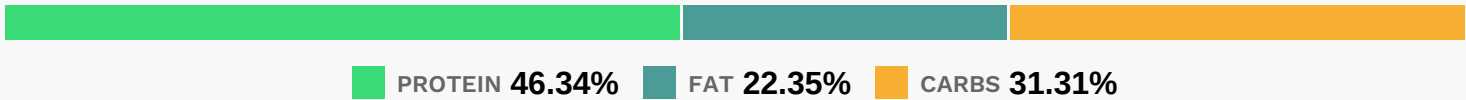
Equipment

- ☐ slow cooker

Directions

- ☐ Cut beef into bite-size pieces if desired. In 3- to 4-quart slow cooker, mix all ingredients except mixed vegetables.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Stir in mixed vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes or until vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:22.235217524611%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 267.59kcal (13.38%), Fat: 6.62g (10.19%), Saturated Fat: 2.22g (13.89%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 15.5g (5.64%), Sugar: 0.69g (0.77%), Cholesterol: 70.31mg (23.44%), Sodium: 811.01mg (35.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.81%), Vitamin A: 3101.93IU (62.04%), Selenium: 38.49µg (54.98%), Vitamin B3: 10.24mg (51.21%), Vitamin B6: 0.88mg (43.95%), Vitamin B12: 2.2µg (36.6%), Zinc: 5.45mg (36.33%), Phosphorus: 342.68mg (34.27%), Manganese: 0.51mg (25.54%), Fiber: 5.38g (21.52%), Iron: 3.81mg (21.18%), Potassium: 683.11mg (19.52%), Vitamin B1: 0.29mg (19.18%), Vitamin B2: 0.31mg (18.32%), Magnesium: 67.43mg (16.86%), Copper: 0.26mg (12.94%), Folate: 40.79µg (10.2%), Vitamin C: 7.84mg (9.5%), Vitamin B5: 0.68mg (6.83%), Calcium: 56.59mg (5.66%), Vitamin E: 0.43mg (2.88%), Vitamin K: 1.99µg

(1.9%)