



Slow-Cooker Sweet Potato and Barley Risotto

READY IN



290 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup edamame green frozen shelled thawed () (from 12-oz bag)
- ☐ 3 medium cloves garlic finely chopped
- ☐ 2 tablespoons parmesan shredded
- ☐ 1.3 cups quick-cooking barley uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups onion sweet chopped (3 medium)
- ☐ 3.5 cups sweet potatoes and into peeled finely chopped (2 medium)
- ☐ 1 teaspoon thyme leaves dried
- ☐ 32 oz vegetable stock (4 cups)

☐ 1 teaspoon vegetable oil

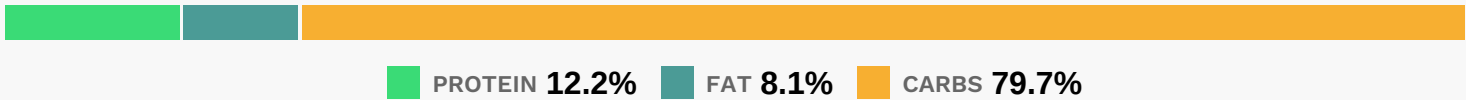
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ measuring cup
- ☐ slow cooker

Directions

- ☐ In 10-inch nonstick skillet, heat oil over medium heat.
- ☐ Add onion; cook about 5 minutes, stirring occasionally, until translucent.
- ☐ Add garlic; cook, stirring frequently, until softened.
- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix sweet potatoes, barley, thyme, salt and 3 cups of the broth.
- ☐ Add onion-garlic mixture.
- ☐ Cover; cook on Low heat setting 4 to 5 hours.
- ☐ In 2-cup microwavable measuring cup, microwave remaining 1 cup broth on High 2 to 3 minutes or until boiling. Stir thawed edamame and boiling broth into barley mixture in cooker. Increase heat setting to High; cover and cook 25 to 30 minutes longer or until edamame are tender.
- ☐ Serve in shallow bowls; sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:16.124347905588%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 279.48kcal (13.97%), Fat: 2.57g (3.96%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 56.91g (18.97%), Net Carbohydrates: 46.65g (16.96%), Sugar: 7.56g (8.4%), Cholesterol: 1.13mg (0.38%), Sodium: 875.19mg (38.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Vitamin A: 11367.35IU (227.35%), Fiber: 10.26g (41.06%), Manganese: 0.81mg (40.65%), Selenium: 16.96µg (24.23%), Vitamin B6: 0.34mg (17.19%), Copper: 0.32mg (16.08%), Potassium: 546.67mg (15.62%), Phosphorus: 153.56mg (15.36%), Magnesium: 57.56mg (14.39%), Iron: 2.38mg (13.24%), Vitamin B3: 2.42mg (12.12%), Vitamin B1: 0.16mg (10.69%), Calcium: 87.61mg (8.76%), Zinc: 1.24mg (8.28%), Vitamin B5: 0.8mg (7.95%), Folate: 27.63µg (6.91%), Vitamin B2: 0.11mg (6.56%), Vitamin C: 4.78mg (5.8%), Vitamin K: 3.87µg (3.68%), Vitamin E: 0.28mg (1.9%)