



## Slow-Cooker Three-Grain Medley

 Vegetarian  Vegan  Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



275 kcal

SIDE DISH

### Ingredients

- 0.3 cup soybean oil melted
- 0.3 cup parsley fresh chopped
- 2 cloves garlic finely chopped
- 6 tablespoons spring onion thinly sliced
- 2 teaspoons lemon zest shredded finely
- 0.5 cup quick-cooking barley hulled uncooked
- 2 ounces pimientos diced undrained
- 28 ounces vegetable stock canned

0.7 cup wheat berries uncooked

0.5 cup rice wild uncooked

## Equipment

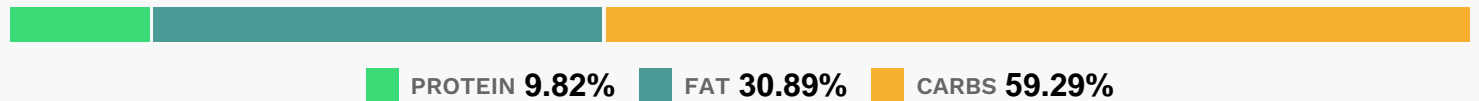
slow cooker

## Directions

Mix all ingredients in 3 1/2- to 6-quart slow cooker.

Cover and cook on Low heat setting 4 to 6 hours or until liquid is absorbed. Stir before serving.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:6.27, Inflammation Score:-7, Nutrition Score:11.109565102536%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 274.52kcal (13.73%), Fat: 9.74g (14.99%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 35.13g (12.77%), Sugar: 2.1g (2.34%), Cholesterol: 0mg (0%), Sodium: 535.8mg (23.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin K: 71.73µg (68.31%), Fiber: 6.94g (27.75%), Manganese: 0.44mg (21.83%), Vitamin C: 15.45mg (18.73%), Vitamin A: 809.73IU (16.19%), Iron: 1.85mg (10.29%), Phosphorus: 101.83mg (10.18%), Magnesium: 40.23mg (10.06%), Selenium: 6.86µg (9.8%), Vitamin B3: 1.81mg (9.05%), Zinc: 1.23mg (8.23%), Copper: 0.16mg (7.89%), Vitamin B6: 0.14mg (6.99%), Vitamin E: 0.99mg (6.6%), Folate: 24.92µg (6.23%), Potassium: 157.32mg (4.49%), Vitamin B2: 0.07mg (4.1%), Vitamin B1: 0.06mg (3.8%), Calcium: 28.64mg (2.86%), Vitamin B5: 0.21mg (2.14%)