



## Smoked Turkey and Barley Stew

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black freshly ground
- 1.5 cups carrots sliced ( 3 medium)
- 1.5 cups celery sliced
- 0.3 cup cooking sherry dry
- 1.5 tablespoons thyme leaves fresh chopped
- 8 ounce mushrooms sliced
- 1 tablespoon olive oil

- 2 cups onion chopped
- 1 cup quick-cooking barley uncooked
- 12 ounces turkey smoked cubed
- 0.9 ounce turkey gravy mix (such as French's)
- 2 cups water
- 32 ounce carton fat-free divided

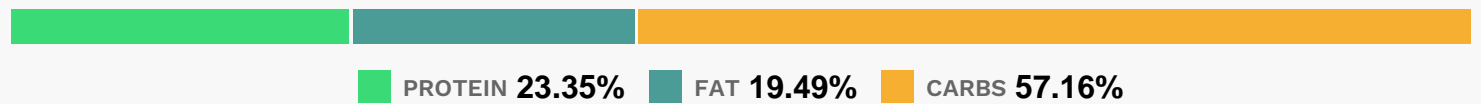
## Equipment

- whisk
- dutch oven

## Directions

- Heat oil in a 4-quart Dutch oven over medium-high heat.
- Add onion, carrot, and celery; cook 6 minutes, stirring frequently.
- Add mushrooms; cook 2 minutes. Stir in barley, 3 cups broth, water, and next 3 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 20 minutes or until barley is tender.
- Combine gravy mix, 1 cup broth, and sherry, stirring with a whisk. Stir gravy mixture into barley mixture; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes. Stir in pepper. Discard bay leaf.
- carbo rating: 19

## Nutrition Facts



## Properties

Glycemic Index:22.98, Glycemic Load:1.59, Inflammation Score:-10, Nutrition Score:12.612174047076%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.66mg, Luteolin: 0.66mg

Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

## **Nutrients (% of daily need)**

Calories: 159.01kcal (7.95%), Fat: 3.43g (5.28%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 17.78g (6.46%), Sugar: 3.6g (4%), Cholesterol: 19.21mg (6.4%), Sodium: 407.54mg (17.72%), Alcohol: 0.82g (100%), Alcohol %: 0.37% (100%), Protein: 9.24g (18.49%), Vitamin A: 3347.01IU (66.94%), Manganese: 0.44mg (22.25%), Selenium: 15.41µg (22.01%), Vitamin B3: 4.08mg (20.42%), Fiber: 4.85g (19.38%), Vitamin B6: 0.3mg (15.22%), Vitamin B2: 0.25mg (14.53%), Phosphorus: 133.89mg (13.39%), Copper: 0.23mg (11.49%), Potassium: 359.58mg (10.27%), Magnesium: 35.09mg (8.77%), Vitamin K: 8.58µg (8.17%), Zinc: 1.19mg (7.95%), Vitamin B1: 0.12mg (7.92%), Vitamin C: 6.13mg (7.43%), Vitamin B5: 0.74mg (7.38%), Iron: 1.27mg (7.04%), Folate: 25.92µg (6.48%), Vitamin B12: 0.32µg (5.36%), Calcium: 39.45mg (3.95%), Vitamin E: 0.44mg (2.94%)