



## Southwestern Barley Salad

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup barley uncooked
- 2 ears corn on the cob
- 0.3 cup cilantro leaves fresh chopped
- 1 small bell pepper green chopped
- 2 Tbsp juice of lime
- 0.5 cup onions red chopped
- 0.5 cup tuscan house dressing italian kraft

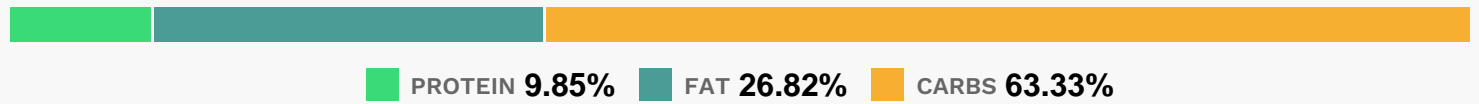
### Equipment

- bowl
- stove
- tongs

## Directions

- Cook barley as directed on package.
- Meanwhile, place corn ears directly on stovetop flame on medium–low heat; cook 4 min. or until corn is evenly roasted, using tongs to frequently turn ears. Cool 5 min.
- Cut kernels off cobs; place in medium bowl.
- Add all remaining ingredients; mix lightly.
- Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:3.5, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:1.6856521808583%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 32.68kcal (1.63%), Fat: 1.02g (1.57%), Saturated Fat: 0.16g (1%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.42g (1.61%), Sugar: 1.03g (1.14%), Cholesterol: 0mg (0%), Sodium: 40.61mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.69%), Manganese: 0.11mg (5.38%), Fiber: 1.01g (4.04%), Vitamin C: 2.94mg (3.56%), Vitamin B1: 0.04mg (2.85%), Vitamin K: 2.93µg (2.79%), Selenium: 1.86µg (2.66%), Magnesium: 9.16mg (2.29%), Phosphorus: 19.54mg (1.95%), Vitamin B3: 0.34mg (1.7%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.51%), Potassium: 50.36mg (1.44%), Iron: 0.22mg (1.25%), Zinc: 0.17mg (1.11%), Folate: 4.33µg (1.08%), Vitamin B2: 0.02mg (1.07%)