



WHATSHEATE



Spicy Sausage, Barley, and Mushroom Stew



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brandy
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery chopped
- ☐ 47.3 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 2 garlic cloves minced

- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 0.5 cup pearl barley uncooked
- ☐ 1.5 cups portobello mushroom chopped
- ☐ 1 teaspoon salt
- ☐ 5 cups shiitake mushroom caps thinly sliced ()
- ☐ 8 ounces spicy turkey sausage italian

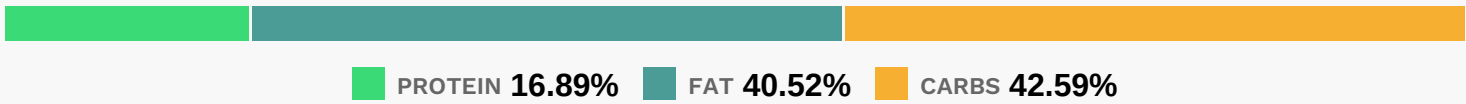
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion; cook 5 minutes or until slightly soft.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan; cook 8 minutes or until sausage is browned, stirring to crumble.
- ☐ Add celery, carrot, garlic, and bay leaf; cook 10 minutes or until onions are golden brown, stirring frequently. Stir in mushrooms; cook 10 minutes or until mushrooms release moisture. Stir in barley, chicken broth, brandy, salt, and pepper. Bring to a boil; cover, reduce heat, and simmer 1 hour or until barley is tender. Discard bay leaf.
- ☐ Sprinkle with parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.81, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:29.495217312937%

Flavonoids

Apigenin: 7.67mg, Apigenin: 7.67mg, Apigenin: 7.67mg, Apigenin: 7.67mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg, Quercetin: 10.96mg

Nutrients (% of daily need)

Calories: 325.87kcal (16.29%), Fat: 14.92g (22.95%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 25.75g (9.36%), Sugar: 9.02g (10.03%), Cholesterol: 28.73mg (9.58%), Sodium: 1629.83mg (70.86%), Alcohol: 1.67g (100%), Alcohol %: 0.36% (100%), Protein: 13.99g (27.98%), Vitamin A: 3926.64IU (78.53%), Vitamin K: 63.95µg (60.91%), Vitamin B3: 11.89mg (59.44%), Selenium: 35.81µg (51.16%), Vitamin B6: 0.89mg (44.68%), Manganese: 0.87mg (43.37%), Fiber: 9.52g (38.07%), Phosphorus: 380.01mg (38%), Vitamin B5: 3.76mg (37.63%), Vitamin B2: 0.61mg (35.72%), Potassium: 1073.83mg (30.68%), Copper: 0.52mg (25.92%), Vitamin B1: 0.35mg (23.37%), Zinc: 3.35mg (22.3%), Magnesium: 70.19mg (17.55%), Folate: 64.98µg (16.25%), Iron: 2.48mg (13.75%), Vitamin C: 11.24mg (13.62%), Vitamin B12: 0.8µg (13.35%), Calcium: 58.19mg (5.82%), Vitamin D: 0.82µg (5.45%), Vitamin E: 0.42mg (2.82%)