



WHATSheATE



HEALTH SCORE

100%

Spinach-Barley Risotto



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



2

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



2 teaspoons olive oil



4 ounces mushrooms thinly sliced



0.5 cup onion chopped



1.5 cups vegetable broth reduced-sodium



1 teaspoon suya seasoning mix



1 teaspoon dijon mustard



0.8 cup quick-cooking barley uncooked



0.3 cup rice wild instant

- ☐ 0.3 cup cranberries dried
- ☐ 3 ounces pkt spinach shredded packed

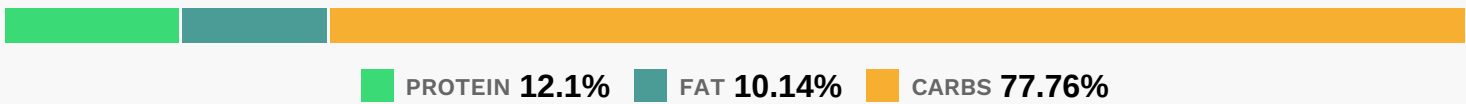
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 10-inch non-stick skillet over high heat. Cook mushrooms and onion in oil. Stir in broth, garlic pepper seasoning blend and mustard. Cover and heat to boiling. Stir in remaining ingredients except spinach; reduce heat to low. Cover and simmer 10 minutes, stirring once. Stir in spinach; cover and simmer about 5 minutes or until water is absorbed and barley and wild rice are tender.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:11.73, Inflammation Score:-10, Nutrition Score:35.196087033852%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg, Quercetin: 10.49mg

Nutrients (% of daily need)

Calories: 498.79kcal (24.94%), Fat: 5.91g (9.1%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 102.02g (34.01%), Net Carbohydrates: 83.77g (30.46%), Sugar: 16.16g (17.95%), Cholesterol: 0mg (0%), Sodium: 75.6mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Vitamin K: 226.63µg (215.84%), Manganese: 1.98mg (98.96%), Vitamin A: 4053.56IU (81.07%), Fiber: 18.25g (73%), Selenium: 35.97µg (51.39%), Magnesium: 157.61mg (39.4%), Vitamin B3: 7.86mg (39.3%), Folate: 148.34µg (37.08%), Phosphorus: 369.97mg (37%), Copper: 0.73mg (36.65%), Vitamin B2: 0.49mg (29.02%), Iron: 4.95mg (27.48%), Vitamin B6: 0.52mg (26.12%), Zinc: 3.87mg (25.82%), Potassium: 842.12mg (24.06%), Vitamin C: 16.2mg (19.63%), Vitamin B1: 0.28mg (18.83%), Vitamin E: 2.46mg (16.42%), Vitamin B5: 1.49mg (14.87%), Calcium: 122.69mg (12.27%)