



 **100%**  
HEALTH SCORE

## Spring Barley Salad

 Vegetarian  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1400 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 lb asparagus spears fresh cooked
- 2 Tbsp heinz distilled vinegar white
- 1 peel and juice from lemon divided grated
- 0.3 cup olive oil
- 1 cup pearl barley rinsed drained
- 1 cup peas frozen cooked
- 1 env. seasons mild dressing mix italian good

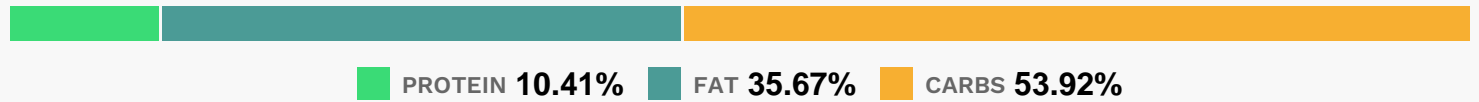
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Bring 1-1/2 qt. (6 cups) salted water to boil in large saucepan on medium-high heat.
- Add barley; return water to boil. Reduce heat to medium-low; simmer 45 min. or until barley is tender.
- Drain; cool. Cover and refrigerate up to 4 days.
- Beat dressing mix, lemon juice, vinegar and oil in large bowl with wire whisk until well blended.
- Add barley; toss to coat.
- Cut asparagus into 1-inch lengths.
- Add to barley mixture along with the peas and lemon peel; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:126.33, Glycemic Load:8.18, Inflammation Score:-10, Nutrition Score:68.219565101292%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 25.85mg, Isorhamnetin: 25.85mg, Isorhamnetin: 25.85mg Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg Quercetin: 63.41mg, Quercetin: 63.41mg, Quercetin: 63.41mg, Quercetin: 63.41mg

## Nutrients (% of daily need)

Calories: 1400.49kcal (70.02%), Fat: 57.46g (88.4%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 195.45g (65.15%), Net Carbohydrates: 145.82g (53.03%), Sugar: 18.61g (20.68%), Cholesterol: 0mg (0%), Sodium: 111.36mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.75g (75.5%), Vitamin K: 261.56µg (249.11%), Manganese: 3.97mg (198.58%), Fiber: 49.63g (198.51%), Selenium: 88.63µg (126.62%), Vitamin C: 91.14mg (110.47%), Copper: 1.96mg (97.99%), Iron: 17.2mg (95.54%), Vitamin B1: 1.42mg (94.66%), Folate: 376.9µg (94.22%), Vitamin A:

4585.4IU (91.71%), Vitamin E: 13.15mg (87.63%), Phosphorus: 836.38mg (83.64%), Vitamin B3: 16.7mg (83.49%), Magnesium: 270.55mg (67.64%), Vitamin B2: 1.06mg (62.57%), Vitamin B6: 1.19mg (59.41%), Zinc: 8.53mg (56.84%), Potassium: 1840.79mg (52.59%), Calcium: 213.48mg (21.35%), Vitamin B5: 1.98mg (19.77%)