



Squash, orange & barley salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 175 g quick-cooking barley
- ☐ 1 kg butternut squash peeled unpeeled
- ☐ 3 tbsp olive oil
- ☐ 1 orange zest
- ☐ 4 tbsp red wine vinegar
- ☐ 0.5 onion red thinly sliced
- ☐ 1 small bunch mint leaves chopped
- ☐ 1 small bunch flat parsley chopped

☐ 2 handfuls arugula

Equipment

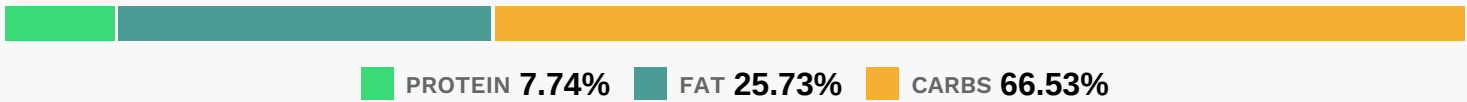
☐ baking sheet

☐ oven

Directions

- ☐ Boil the barley for 20–25 mins until just tender but with a little bite.
- ☐ Drain.
- ☐ Meanwhile, heat oven to 200C/180C fan/gas
- ☐ If using butternut, thickly slice into rounds, flicking out the seeds as you go, or slice small, round squashes into thin wedges. Toss with 1 tbsp oil, the orange zest and seasoning.
- ☐ Spread over a baking sheet and roast for 40 mins until golden and tender, turning halfway. Set aside while you finish the dish.
- ☐ Mix the orange juice, vinegar and remaining oil with the pearl barley and plenty of seasoning. Stir in the onion and chopped herbs, then layer up on a platter with the squash, rocket and remaining mint and parsley leaves.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.32, Inflammation Score:-10, Nutrition Score:24.676087068475%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 20.51mg, Apigenin: 20.51mg, Apigenin: 20.51mg, Apigenin: 20.51mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 252.59kcal (12.63%), Fat: 7.64g (11.76%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 44.48g (14.83%), Net Carbohydrates: 35.75g (13%), Sugar: 4.51g (5.01%), Cholesterol: 0mg (0%), Sodium: 17.98mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin A: 18718.47IU (374.37%), Vitamin K: 169.79µg (161.71%), Vitamin C: 52.29mg (63.39%), Manganese: 0.78mg (39.15%), Fiber: 8.72g (34.9%), Vitamin E: 3.52mg (23.47%), Magnesium: 89.88mg (22.47%), Potassium: 770.92mg (22.03%), Folate: 75.72µg (18.93%), Vitamin B6: 0.36mg (18.06%), Vitamin B3: 3.53mg (17.64%), Selenium: 11.92µg (17.04%), Vitamin B1: 0.24mg (16.04%), Iron: 2.74mg (15.2%), Copper: 0.27mg (13.52%), Phosphorus: 132.79mg (13.28%), Calcium: 119.85mg (11.98%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.04mg (6.9%), Vitamin B2: 0.09mg (5.16%)