



Summer Barley Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 ounces feta cheese crumbled
- ☐ 1 cup corn kernels fresh (2 ears)
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions chopped
- ☐ 20 kalamata olives pitted coarsely chopped
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups pearl barley uncooked
- ☐ 1 cup plum tomatoes diced seeded (2 small)
- ☐ 0.3 teaspoon salt

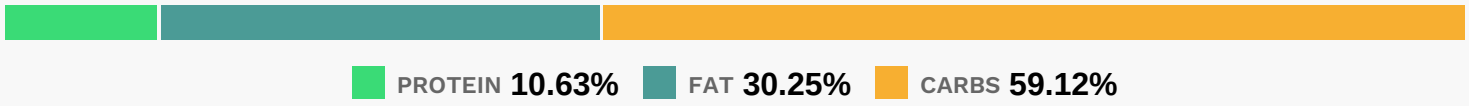
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook barley according to package directions, omitting salt.
- ☐ Drain and rinse with cold water; drain. Cool completely.
- ☐ Combine barley, corn, and next 4 ingredients (through kalamata olives) in a bowl.
- ☐ Combine juice and next 4 ingredients (through garlic), stirring well with a whisk; drizzle over barley mixture. Toss to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:24.878260957158%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 462.3kcal (23.12%), Fat: 16.2g (24.92%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 71.22g (23.74%),
Net Carbohydrates: 56.9g (20.69%), Sugar: 5.15g (5.72%), Cholesterol: 18.92mg (6.31%), Sodium: 719.38mg
(31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.61%), Vitamin K: 98.9µg (94.19%),
Manganese: 1.18mg (59.01%), Fiber: 14.32g (57.3%), Selenium: 32.06µg (45.81%), Phosphorus: 293.71mg (29.37%),
Vitamin C: 22.49mg (27.26%), Vitamin B3: 4.84mg (24.18%), Vitamin A: 1187.26IU (23.75%), Magnesium: 90.86mg
(22.72%), Copper: 0.42mg (21.1%), Vitamin B6: 0.4mg (19.91%), Vitamin B2: 0.31mg (18.47%), Vitamin B1: 0.27mg
(18.18%), Zinc: 2.59mg (17.27%), Iron: 2.95mg (16.4%), Folate: 64.74µg (16.19%), Calcium: 160.53mg (16.05%),
Potassium: 541.27mg (15.46%), Vitamin E: 2.28mg (15.22%), Vitamin B5: 0.78mg (7.8%), Vitamin B12: 0.36µg (5.99%)