



Thai Chicken Barley Risotto

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups bell pepper red
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon brown sugar
- ☐ 1 pound chicken shredded cooked
- ☐ 14.5 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 tablespoons garlic divided minced

- ☐ 1.5 cups spring onion divided chopped
- ☐ 2 jalapeno minced seeded
- ☐ 1 tablespoon lemon grass fresh peeled chopped
- ☐ 1 cup lite coconut milk light
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon soy sauce low-sodium
- ☐ 4 teaspoons peanuts chopped
- ☐ 0.5 cup quick-cooking barley uncooked
- ☐ 0.5 teaspoon curry paste red
- ☐ 1.5 teaspoons rice vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sesame oil divided
- ☐ 1 cup sugar snap peas trimmed
- ☐ 1 tablespoon water

Equipment

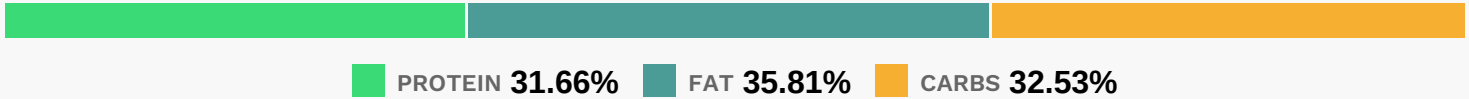
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 1/2 teaspoons oil in a medium saucepan over medium-high heat.
- ☐ Add 1/2 cup onions and 1 tablespoon garlic; saut 1 minute. Stir in barley, 1/4 cup cilantro, salt, black pepper, 1/2 cup broth, and jalapeos; bring to a boil. Cook 3 minutes or until liquid is nearly absorbed, stirring constantly.
- ☐ Add remaining broth, 1/2 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 15 minutes).
- ☐ Combine juice and next 5 ingredients (juice through curry paste); set aside.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1 cup onions, 1 tablespoon garlic, lemongrass, and ginger; saut 1 minute.

- ☐ Add chicken, bell pepper, and peas; saut 2 minutes. Stir in barley mixture, juice mixture, and milk; bring to a boil. Reduce heat; simmer 5 minutes or until sauce thickens, stirring occasionally. Stir in 1/4 cup cilantro.
- ☐ Sprinkle each serving with 1 teaspoon nuts.

Nutrition Facts



Properties

Glycemic Index:67.31, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:30.926956632863%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 443.78kcal (22.19%), Fat: 17.65g (27.15%), Saturated Fat: 6.4g (40.01%), Carbohydrates: 36.07g (12.02%), Net Carbohydrates: 28.66g (10.42%), Sugar: 7.74g (8.59%), Cholesterol: 85.05mg (28.35%), Sodium: 898.23mg (39.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.21%), Vitamin C: 96.09mg (116.47%), Vitamin K: 94.81µg (90.3%), Vitamin B3: 12.44mg (62.22%), Selenium: 41.08µg (58.68%), Vitamin A: 2467.25IU (49.35%), Vitamin B6: 0.85mg (42.6%), Manganese: 0.83mg (41.57%), Phosphorus: 357.19mg (35.72%), Fiber: 7.41g (29.65%), Iron: 3.9mg (21.68%), Folate: 86.33µg (21.58%), Potassium: 729.88mg (20.85%), Magnesium: 78.87mg (19.72%), Vitamin B2: 0.33mg (19.55%), Zinc: 2.83mg (18.87%), Vitamin B5: 1.83mg (18.29%), Vitamin B1: 0.26mg (17.23%), Copper: 0.32mg (16.2%), Vitamin E: 1.44mg (9.57%), Vitamin B12: 0.53µg (8.91%), Calcium: 87.84mg (8.78%)