



Toasted Barley and Asparagus "risotto"

READY IN



45 min.

SERVINGS



4

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup parsley chopped
- ☐ 12 ounces asparagus trimmed cut into 3/4-inch pieces
- ☐ 3 tablespoons butter
- ☐ 3 large garlic clove finely chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 cup onion finely chopped
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2 cups quick-cooking barley
- ☐ 2 cups tomatoes diced canned drained

☐ 8.5 cups vegetable stock canned ()

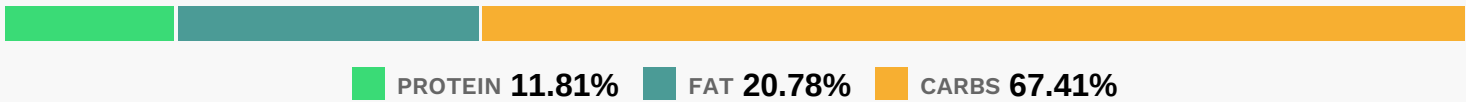
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook asparagus in pot of boiling salted water until crisp-tender, about 3 minutes.
- ☐ Drain.
- ☐ Transfer to bowl of ice water and cool.
- ☐ Drain. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Stir barley in heavy large saucepan over medium heat until lightly toasted, about 5 minutes.
- ☐ Transfer barley to bowl. Melt butter in same saucepan over medium heat.
- ☐ Add onion and garlic; sauté until tender, about 5 minutes.
- ☐ Add barley and stir to coat.
- ☐ Add 2 cups broth; reduce heat to medium-low and simmer until liquid is absorbed, stirring frequently, about 7 minutes.
- ☐ Mix in 2 1/2 cups broth and simmer until absorbed, stirring frequently.
- ☐ Add 3 cups broth and simmer until barley is tender and creamy but still slightly firm to bite, stirring frequently and adding more broth if mixture is dry, about 45 minutes.
- ☐ Add tomatoes and asparagus; stir until heated through, about 3 minutes.
- ☐ Mix in cheese, arugula and lemon peel. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:34.184347739686%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 6.85mg, Isorhamnetin: 6.85mg, Isorhamnetin: 6.85mg, Isorhamnetin: 6.85mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 20.67mg, Quercetin: 20.67mg, Quercetin: 20.67mg, Quercetin: 20.67mg

Nutrients (% of daily need)

Calories: 564.81kcal (28.24%), Fat: 13.55g (20.84%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 98.88g (32.96%), Net Carbohydrates: 79.22g (28.81%), Sugar: 11.34g (12.6%), Cholesterol: 33.45mg (11.15%), Sodium: 2472.31mg (107.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.65%), Vitamin K: 165.21µg (157.34%), Manganese: 1.66mg (83.03%), Fiber: 19.67g (78.67%), Selenium: 44.79µg (63.99%), Vitamin A: 2872.86IU (57.46%), Phosphorus: 389.31mg (38.93%), Vitamin C: 30.85mg (37.39%), Copper: 0.7mg (35.15%), Iron: 6.14mg (34.1%), Vitamin B3: 6.47mg (32.34%), Magnesium: 117.15mg (29.29%), Vitamin B6: 0.57mg (28.27%), Vitamin B1: 0.4mg (26.7%), Folate: 97.09µg (24.27%), Potassium: 813.49mg (23.24%), Zinc: 3.48mg (23.23%), Calcium: 224.59mg (22.46%), Vitamin B2: 0.37mg (21.65%), Vitamin E: 2.17mg (14.49%), Vitamin B5: 0.8mg (8.05%), Vitamin B12: 0.19µg (3.11%)