



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.

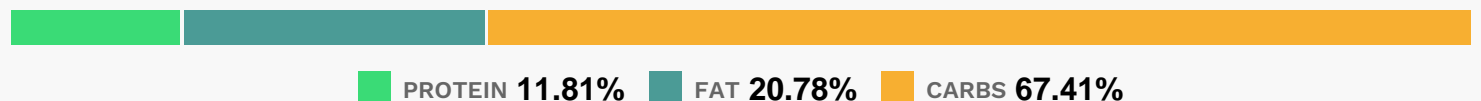
Mix in 2 1/2 cups broth and simmer until absorbed, stirring frequently.

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: 0g (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%)