



Toasted Barley with Mixed Vegetables

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



69 kcal

Ingredients

- 0.5 cup barley uncooked
- 1.8 cups vegetable stock
- 0.5 cup onion red chopped
- 0.3 cup mushrooms fresh chopped
- 0.3 cup carrots chopped
- 0.3 cup bell pepper green chopped
- 1 tablespoon optional: dill dried fresh chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

0.3 cup spring onion chopped

Equipment

frying pan

oven

Directions

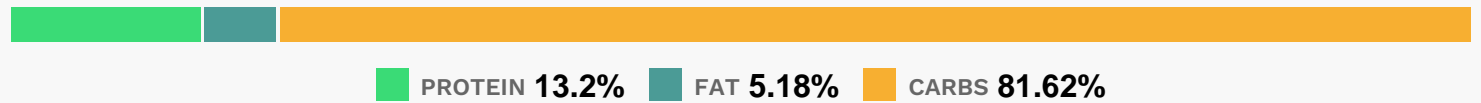
Heat oven to 350°F. Spray 10-inch skillet and 2-quart casserole with cooking spray. Cook barley in skillet over medium heat about 8 minutes, stirring constantly, until light brown.

Stir in remaining ingredients except green onions; heat to boiling. Spoon mixture into casserole.

Cover; bake about 50 minutes or until vegetables are tender.

Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:45.97, Glycemic Load:4.06, Inflammation Score:-7, Nutrition Score:5.9495652791761%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 68.92kcal (3.45%), Fat: 0.41g (0.64%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 11.38g (4.14%), Sugar: 1.85g (2.05%), Cholesterol: 0mg (0%), Sodium: 378.23mg (16.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin A: 1110.73IU (22.21%), Manganese: 0.35mg (17.53%), Fiber: 3.31g (13.22%), Vitamin K: 10.32µg (9.82%), Selenium: 6.25µg (8.93%), Vitamin C: 7.22mg (8.75%), Vitamin B1: 0.12mg (7.86%), Magnesium: 24.36mg (6.09%), Copper: 0.11mg (5.28%), Phosphorus: 52.61mg (5.26%), Vitamin B3: 0.97mg (4.86%), Vitamin B6: 0.09mg (4.65%), Vitamin B2: 0.07mg (4.23%), Potassium: 142.54mg (4.07%), Iron: 0.71mg (3.96%), Zinc: 0.51mg (3.38%), Folate: 10.54µg (2.64%), Vitamin B5: 0.14mg (1.45%), Calcium:

14.2mg (1.42%), Vitamin E: 0.17mg (1.15%)