



## Toasted Barley with Mixed Vegetables

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



70 kcal

### Ingredients

- 0.5 cup barley uncooked
- 0.3 cup carrots chopped
- 1 tablespoon dill dried fresh chopped
- 0.3 cup bell pepper green chopped
- 0.3 cup spring onion chopped
- 0.3 cup mushrooms fresh chopped
- 0.3 teaspoon pepper
- 0.5 cup onion red chopped
- 0.3 teaspoon salt

1.8 cups vegetable stock

## Equipment

frying pan

oven

## Directions

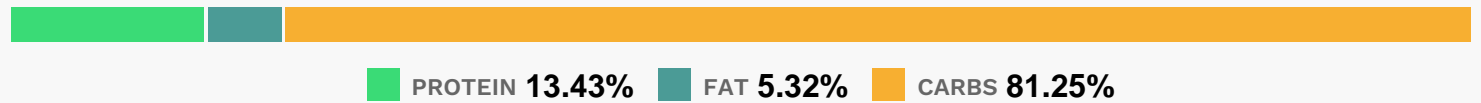
Heat oven to 350F. Spray 10-inch skillet and 2-quart casserole with cooking spray. Cook barley in skillet over medium heat about 8 minutes, stirring constantly, until light brown.

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:43.47, Glycemic Load:4.06, Inflammation Score:-7, Nutrition Score:6.2247826101501%

## 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: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 70.16kcal (3.51%), Fat: 0.44g (0.67%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 11.59g (4.21%), Sugar: 1.85g (2.05%), Cholesterol: 0mg (0%), Sodium: 379.22mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin A: 1134.84IU (22.7%), Manganese: 0.37mg (18.48%), Fiber: 3.37g (13.49%), Vitamin K: 10.32µg (9.82%), Vitamin C: 7.41mg (8.98%), Selenium: 6.25µg (8.93%), Vitamin B1: 0.12mg (8%), Magnesium: 26.58mg (6.65%), Phosphorus: 55.28mg (5.53%), Copper: 0.11mg (5.39%), Iron: 0.95mg (5.29%), Vitamin B6: 0.1mg (5.08%), Vitamin B3: 0.98mg (4.92%), Potassium: 158.59mg (4.53%), Vitamin B2: 0.07mg (4.3%), Zinc: 0.52mg (3.49%), Folate: 10.44µg (2.61%), Calcium: 22.98mg (2.3%), Vitamin B5:

0.14mg (1.45%), Vitamin E: 0.17mg (1.15%)