



Tomato Barley Soup

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barley uncooked
- ☐ 14.5 ounce canned tomatoes diced with juice peeled canned
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 10.8 ounce chicken broth canned
- ☐ 2 teaspoons garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 cup onions chopped

- ☐ 2 tomatoes diced
- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 cups water

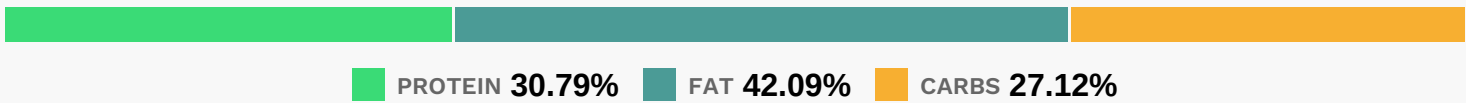
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, combine the onions, celery, carrots, garlic and oil and saute for 5 to 10 minutes, or until all vegetables are almost tender.
- ☐ Then add the water, fresh tomatoes, canned tomatoes, chicken broth, barley and ground black pepper.
- ☐ Stir thoroughly and bring to a boil. Reduce heat to low and simmer for 35 to 40 minutes, or until barley is tender.

Nutrition Facts



Properties

Glycemic Index:40.31, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:12.074782696755%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 191.93kcal (9.6%), Fat: 9.02g (13.87%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 9.91g (3.6%), Sugar: 3.52g (3.91%), Cholesterol: 25.4mg (8.47%), Sodium: 282.15mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.69%), Vitamin A: 4073.5IU (81.47%), Vitamin K: 20.85µg (19.86%), Selenium: 12.6µg (18%), Manganese: 0.3mg (15%), Phosphorus: 128.63mg (12.86%), Fiber: 3.17g (12.68%), Vitamin B6: 0.24mg (12.01%), Vitamin C: 9.68mg (11.74%), Zinc: 1.69mg (11.28%), Vitamin B3: 2.12mg

(10.59%), Potassium: 365.07mg (10.43%), Vitamin B12: 0.51µg (8.47%), Magnesium: 32.74mg (8.19%), Iron: 1.22mg (6.79%), Copper: 0.13mg (6.65%), Vitamin E: 0.99mg (6.61%), Vitamin B2: 0.11mg (6.52%), Vitamin B1: 0.1mg (6.44%), Folate: 23.84µg (5.96%), Calcium: 38.6mg (3.86%), Vitamin B5: 0.2mg (1.97%)