



Tomato-Barley Soup

READY IN



65 min.

SERVINGS



4

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup basil divided thinly sliced
- ☐ 29 oz chicken broth low-sodium canned
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 ounce parmesan cheese shaved
- ☐ 0.5 cup pearl barley
- ☐ 0.5 teaspoon salt
- ☐ 1 pound tomatoes cut in chunks
- ☐ 6 oz zucchini halved lengthwise thinly sliced

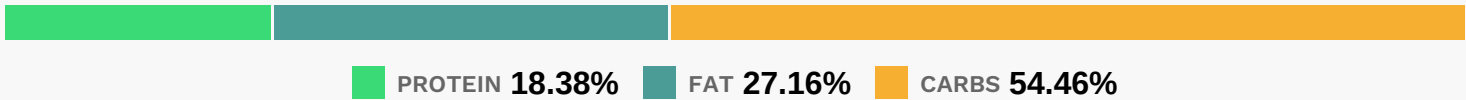
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Boil barley in a large pot of water until tender but still chewy (40 minutes).
- ☐ Drain.
- ☐ Meanwhile, in large pot, heat oil over medium heat.
- ☐ Add zucchini and garlic; cook until zucchini begins to soften (2 minutes).
- ☐ Add tomatoes, broth, salt, and 1/2 cup basil; bring to a boil. Boil until the tomatoes have softened (7 minutes).
- ☐ Divide the soup among 4 bowls.
- ☐ Add barley and remaining 1/4 cup basil; top with Parmesan, and serve.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:14.32478253187%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 197.74kcal (9.89%), Fat: 6.34g (9.76%), Saturated Fat: 1.56g (9.78%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 22.8g (8.29%), Sugar: 4.58g (5.09%), Cholesterol: 2.41mg (0.8%), Sodium: 421.07mg (18.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.65g (19.3%), Manganese: 0.63mg (31.29%), Vitamin K: 32.22µg (30.68%), Vitamin C: 24.66mg (29.89%), Vitamin A: 1300.41IU (26.01%), Vitamin B3: 4.9mg (24.49%), Fiber: 5.81g (23.22%), Phosphorus: 190.84mg (19.08%), Potassium: 652.15mg (18.63%), Copper: 0.32mg (16.23%), Selenium: 10.64µg (15.2%), Vitamin B6: 0.28mg (14.18%), Magnesium: 46.94mg (11.74%), Vitamin B2: 0.17mg (9.96%), Iron: 1.75mg (9.73%), Folate: 36.34µg (9.09%), Calcium: 87.82mg (8.78%), Zinc: 1.23mg (8.18%), Vitamin E: 1.22mg (8.12%),

Vitamin B1: 0.12mg (7.75%), Vitamin B12: 0.25µg (4.13%), Vitamin B5: 0.3mg (2.97%)