



WHATSheATE



Tuscan Barley Salad



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 cups pearl barley cooked



1 cup fennel bulb thinly sliced chopped



1 navel oranges



2 tablespoons olive oil



0.3 teaspoon salt



0.3 cup sun-dried tomatoes packed in water thinly sliced



0.5 cup walnuts chopped

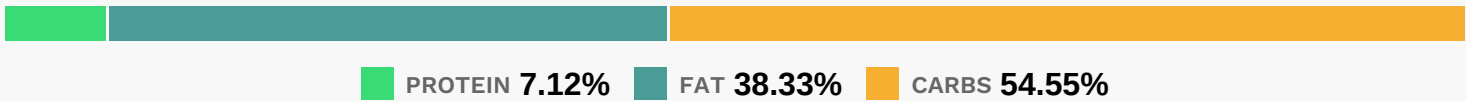
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ peeler
- ☐ microplane

Directions

- ☐ Toast walnuts in a nonstick skillet over medium heat, stirring frequently to prevent scorching, about 5 minutes or until fragrant.
- ☐ Transfer walnuts to a plate, and set aside.
- ☐ Use a microplane grater or vegetable peeler ok to remove the zest from the orange (only the colorful skin, not the bitter white part underneath). If using a vegetable peeler, chop the zest finely; place zest in a large bowl. Carefully peel the orange with a knife, removing all of the white pith and outer membrane. Hold the fruit over the bowl and cut between the inner membranes to release the orange segments; let them drop into the bowl, along with the juices. Use clean hands to tear larger segments into smaller pieces.
- ☐ Add olive oil and salt; toss until combined.
- ☐ Add barley, fennel, sun-dried tomatoes, and reserved walnuts. Toss until thoroughly combined.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:3.3247826151226%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.45kcal (3.92%), Fat: 3.51g (5.39%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 9.38g (3.41%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 33.9mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.93%), Manganese: 0.22mg (10.85%), Fiber: 1.85g (7.39%), Vitamin C: 5.24mg (6.35%), Copper: 0.1mg (5.23%), Vitamin B3: 0.86mg (4.31%), Vitamin K: 4.5µg (4.28%), Selenium: 2.95µg (4.21%), Magnesium: 15.71mg (3.93%), Iron: 0.68mg (3.76%), Phosphorus: 35.76mg (3.58%), Potassium: 118.91mg (3.4%), Vitamin B1: 0.05mg (3.23%), Vitamin B6: 0.06mg (3.2%), Folate: 12.38µg (3.1%), Zinc: 0.39mg (2.6%), Vitamin B2: 0.04mg (2.09%), Vitamin E: 0.26mg (1.74%), Calcium: 13.01mg (1.3%), Vitamin B5: 0.12mg (1.16%)