



## Vegetable Barley Risotto

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 bay leaf
- 0.3 cup butter unsalted whole
- 0.1 cup canola oil
- 1 medium carrots
- 6 cups chicken broth
- 1 clove garlic chopped
- 1 pound pearl barley
- 1 medium onion red

1 medium baby squash yellow

1 medium zucchini

## Equipment

frying pan

sauce pan

ladle

pot

## Directions

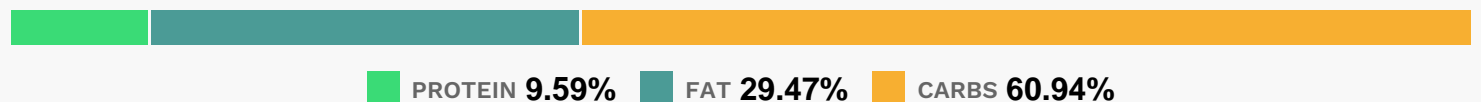
Bring chicken broth to a simmer. In a separate large saucepan on an adjacent burner, heat the oil and add barley. Lightly saute: you actually are toasting the barley.

Add vegetables to the barley and saute them until translucent.

Add bay leaf and garlic. Begin slowly adding broth, 1 ladle-full at a time, to the barley/vegetable pan, stirring occasionally: this will bring out the starch in the barley. As the mixture absorbs the broth, ladle more into the pot. When all of the broth has been ladled into the barley pot, slowly simmer until barley is soft and creamy.

Add butter as the last step for more flavor and creaminess to risotto.

## Nutrition Facts



## Properties

Glycemic Index:25.14, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:18.792608673158%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

## Nutrients (% of daily need)

Calories: 412.36kcal (20.62%), Fat: 13.92g (21.41%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 64.77g (21.59%), Net Carbohydrates: 51.68g (18.79%), Sugar: 4.42g (4.91%), Cholesterol: 25.04mg (8.35%), Sodium: 890.8mg (38.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.39%), Manganese: 1.27mg (63.54%), Fiber: 13.09g (52.36%), Selenium: 29.84µg (42.63%), Vitamin A: 2088.25IU (41.76%), Vitamin B3: 4.43mg (22.15%), Phosphorus: 213.23mg (21.32%), Copper: 0.4mg (20.08%), Magnesium: 76.89mg (19.22%), Vitamin B2: 0.32mg (18.62%), Vitamin B6: 0.36mg (18.19%), Vitamin C: 13.52mg (16.39%), Vitamin B1: 0.24mg (16.05%), Potassium: 488.49mg (13.96%), Zinc: 2.04mg (13.63%), Iron: 2.38mg (13.2%), Folate: 40.44µg (10.11%), Vitamin K: 9.46µg (9.01%), Vitamin E: 1.29mg (8.63%), Calcium: 52.34mg (5.23%), Vitamin B5: 0.42mg (4.15%), Vitamin B12: 0.06µg (1.05%)