



Very Easy Mushroom Barley Soup



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup barley
- ☐ 0.8 cup carrots diced
- ☐ 0.5 cup celery chopped
- ☐ 6 cups chicken broth
- ☐ 1 pound mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion chopped

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6 servings salt and pepper to taste

Equipment

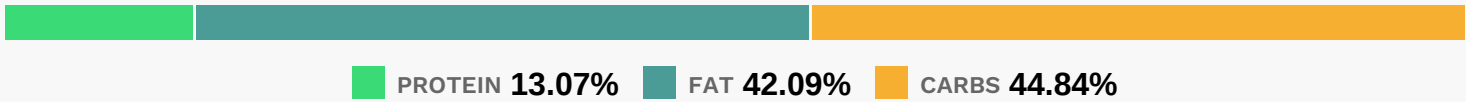
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pot

Directions

- ☐ Heat the oil in a large soup pot over medium heat.
- ☐ Add the onion, carrots, celery and garlic; cook and stir until onions are tender and transparent. Stir in mushrooms and continue to cook for a few minutes.
- ☐ Pour in the chicken broth and add barley. Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes. Season with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:33.97, Glycemic Load:6.34, Inflammation Score:-9, Nutrition Score:15.241304304289%

Flavonoids

Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 210.86kcal (10.54%), Fat: 10.36g (15.94%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 19.06g (6.93%), Sugar: 4.7g (5.22%), Cholesterol: 4.7mg (1.57%), Sodium: 1091.28mg (47.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin A: 2721.09IU (54.42%), Manganese: 0.67mg (33.27%), Vitamin B2: 0.53mg (31.17%), Selenium: 16.9µg (24.14%), Fiber: 5.78g (23.13%), Vitamin B3: 4.52mg (22.61%), Copper: 0.41mg (20.62%), Vitamin B1: 0.28mg (18.98%), Phosphorus: 151.25mg (15.13%), Potassium: 500.82mg (14.31%), Vitamin B5: 1.32mg (13.18%), Magnesium: 45.39mg (11.35%), Vitamin E: 1.66mg (11.08%), Vitamin B6: 0.22mg (10.91%), Vitamin K: 10.62µg (10.11%), Zinc: 1.3mg (8.64%), Iron: 1.55mg (8.62%), Folate: 28.37µg (7.09%), Vitamin C: 4.92mg (5.97%), Calcium: 35.15mg (3.52%), Vitamin B12: 0.08µg (1.29%), Vitamin D: 0.15µg (1.01%)