



Wild Mushroom Salad with Barley and Smoked Bacon

READY IN



65 min.

SERVINGS



12

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bacon smoked
- ☐ 1 cup barley
- ☐ 4 ounces butter
- ☐ 1 pound endive
- ☐ 3 tablespoons flat parsley chopped
- ☐ 2 bay leaves fresh
- ☐ 1 clove garlic minced
- ☐ 3 ounces red wine vinegar

- ☐ 12 servings salt and pepper to taste
- ☐ 2 shallots diced
- ☐ 2 pounds mushroom caps sliced
- ☐ 3 cups mushroom stock hot

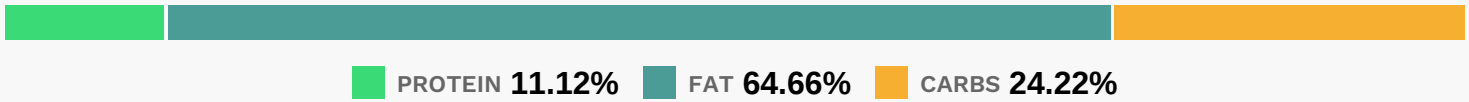
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan.
- ☐ Add shallots and garlic and cook until translucent.
- ☐ Add barley and stir well.
- ☐ Add hot mushroom stock and bay leaves and simmer for 20 minutes or until liquid has been absorbed and barley is tender.
- ☐ Let cool and set aside. Slice mushrooms and endive and set aside. Dice bacon and place in large saute pan cooking over medium heat until crisp.
- ☐ Pour off half of fat. Deglaze pan with red wine vinegar and add mushrooms and endive and cook until tender.
- ☐ Remove from heat and add parsley. Check your seasoning and then toss with barley.
- ☐ Serve in a large bowl.;

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:4.73, Inflammation Score:-8, Nutrition Score:18.308260938396%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 319.86kcal (15.99%), Fat: 23.48g (36.12%), Saturated Fat: 9.98g (62.36%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 13.9g (5.05%), Sugar: 2.86g (3.18%), Cholesterol: 45.26mg (15.09%), Sodium: 758.42mg (32.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.17%), Vitamin K: 104.75µg (99.76%), Manganese: 0.66mg (32.89%), Vitamin B3: 5.34mg (26.68%), Vitamin A: 1283.22IU (25.66%), Selenium: 17.94µg (25.64%), Fiber: 5.89g (23.56%), Vitamin B6: 0.4mg (19.87%), Phosphorus: 196.48mg (19.65%), Vitamin B5: 1.76mg (17.55%), Folate: 69.67µg (17.42%), Vitamin B1: 0.25mg (16.62%), Vitamin B2: 0.27mg (16.01%), Potassium: 518.28mg (14.81%), Zinc: 1.99mg (13.27%), Copper: 0.24mg (12.19%), Magnesium: 47.65mg (11.91%), Iron: 1.49mg (8.28%), Vitamin C: 4.24mg (5.14%), Vitamin E: 0.64mg (4.3%), Calcium: 34.44mg (3.44%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.45µg (3.02%)