



## Ashure

 Vegetarian  Vegan  Dairy Free

READY IN



115 min.

SERVINGS



12

CALORIES



355 kcal

SIDE DISH

## Ingredients

- 2 cups bulgur fine
- 0.3 cup apricots dried
- 2 tablespoons currants dried
- 0.5 cup garbanzo beans dry
- 1 tablespoon ground cinnamon
- 0.5 cup beans dry white
- 0.3 cup orange peel chopped
- 2 tablespoons pistachios chopped

- 0.5 cup raisins
- 2 tablespoons sesame seed toasted
- 2 tablespoons walnuts chopped
- 15 cups water
- 3 cups sugar white

## Equipment

- bowl
- sauce pan

## Directions

- Place the garbanzo beans, white beans, bulgur, and raisins in separate bowls and add water to cover.
- Let stand overnight.
- The next day, combine the garbanzo beans and white beans in a saucepan with water to cover. Bring the water to a boil; reduce heat to low and simmer, covered, until the beans are tender, 1 to 1 1/2 hours.
- Drain the wheat and transfer it to a large saucepan.
- Add the 15 cups water (3 quarts plus 3 cups) and bring to a boil. Reduce the heat to low and simmer until tender, about 15 minutes, skimming and discarding any foam that appears.
- When the wheat has thickened, stir in the sugar and bring the mixture to a boil.
- Drain the cooked beans and add them to the wheat mixture. Stir in the raisins, apricots, orange peel, and cloves. Reduce the heat and simmer until the mixture thickens and the fruit is tender, about 15 minutes.
- Pour the pudding into individual serving bowls.
- Garnish with toasted sesame seeds, chopped walnuts, chopped pistachios, currants, and cinnamon. Allow the pudding to cool and then serve.

## Nutrition Facts



**PROTEIN 5.68%** **FAT 7.33%** **CARBS 86.99%**

## Properties

Glycemic Index:28.17, Glycemic Load:45.19, Inflammation Score:-4, Nutrition Score:8.9465217227521%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 354.69kcal (17.73%), Fat: 3.05g (4.7%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 81.53g (27.18%), Net Carbohydrates: 74.59g (27.12%), Sugar: 53.51g (59.46%), Cholesterol: 0mg (0%), Sodium: 23.54mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.33g (10.66%), Manganese: 1.09mg (54.32%), Fiber: 6.94g (27.77%), Magnesium: 62.45mg (15.61%), Copper: 0.31mg (15.54%), Phosphorus: 119.96mg (12%), Iron: 1.71mg (9.51%), Potassium: 292.59mg (8.36%), Vitamin B6: 0.16mg (8.21%), Vitamin B3: 1.54mg (7.7%), Vitamin B1: 0.11mg (7.45%), Folate: 29µg (7.25%), Zinc: 0.92mg (6.15%), Calcium: 58.83mg (5.88%), Vitamin B2: 0.07mg (4.15%), Vitamin C: 3.4mg (4.12%), Vitamin B5: 0.33mg (3.27%), Selenium: 1.97µg (2.81%), Vitamin A: 119.39IU (2.39%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.4µg (1.33%)