



Buckwheat and Summer Squash Salad



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups bulgar wheat uncooked
- 1 tablespoon parsley fresh chopped
- 1 cup chickpeas cooked
- 1 juice of lemon juiced
- 2 tablespoons olive oil
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 4 servings salt and pepper black to taste

- 1 large summer squash thinly sliced
- 0.5 cup walnuts toasted chopped
- 4 cups water

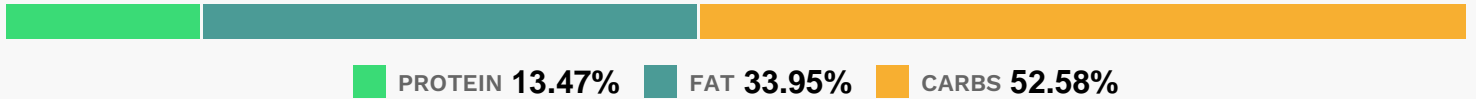
Equipment

- bowl
- sauce pan
- mixing bowl

Directions

- Bring the buckwheat, water, and salt to a boil in a saucepan. Cook at a boil for 7 minutes; drain and pour into a mixing bowl. Refrigerate until cooled to room temperature.
- Place the summer squash, garbanzo beans, walnuts, and Parmesan cheese into the bowl with the buckwheat. Season with lemon juice, parsley, olive oil, salt, and pepper. Gently stir until evenly combined; serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:30.07, Inflammation Score:-9, Nutrition Score:28.436956521739%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg, Quercetin: 13.1mg

Nutrients (% of daily need)

Calories: 557.56kcal (27.88%), Fat: 22.41g (34.47%), Saturated Fat: 3.61g (22.57%), Carbohydrates: 78.08g (26.03%), Net Carbohydrates: 64.54g (23.47%), Sugar: 4.33g (4.81%), Cholesterol: 5.44mg (1.81%), Sodium:

612.08mg (26.61%), Protein: 20g (40%), Manganese: 2.18mg (108.85%), Copper: 1.4mg (69.82%), Magnesium: 258.38mg (64.6%), Fiber: 13.54g (54.16%), Phosphorus: 485.92mg (48.59%), Folate: 137.17µg (34.29%), Vitamin B3: 6.76mg (33.82%), Vitamin B2: 0.55mg (32.2%), Vitamin B6: 0.5mg (24.97%), Zinc: 3.66mg (24.42%), Vitamin K: 25.18µg (23.98%), Potassium: 811.31mg (23.18%), Vitamin C: 18.68mg (22.65%), Iron: 3.9mg (21.68%), Selenium: 11.65µg (16.64%), Vitamin B1: 0.23mg (15.09%), Vitamin B5: 1.41mg (14.08%), Calcium: 126.38mg (12.64%), Vitamin E: 1.4mg (9.34%), Vitamin A: 314.25IU (6.28%), Vitamin B12: 0.08µg (1.41%)