



Bulgur and Broccoli Skillet Dinner



Vegetarian



Vegan



Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 cups broccoli flowerets



1 cup bulgur uncooked (cracked wheat)



0.8 cup celery sliced



2 tablespoons roasted peanuts unsalted dry chopped



0.3 cup parsley fresh chopped



0.5 cup green onions sliced (2 large)



1 tablespoon soya sauce low-sodium



0.5 cup bell pepper sweet red finely chopped

- ☐ 2 teaspoons sesame oil
- ☐ 2 cups vegetable broth

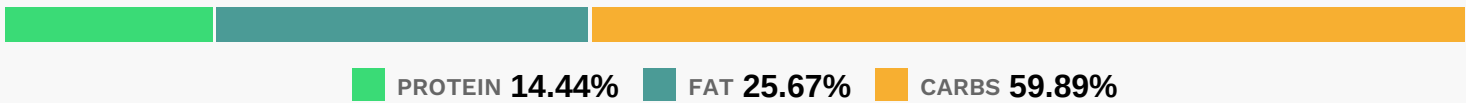
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine broth and bulgur in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Set aside.
- ☐ While bulgur cooks, heat oil in a nonstick skillet over medium-high heat until hot.
- ☐ Add broccoli and next 3 ingredients; cook, stirring constantly, 4 minutes or until tender. Stir in soy sauce, bulgur, peanuts, and parsley.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:18.346956615863%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg, Kaempferol: 5.45mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 208.59kcal (10.43%), Fat: 6.57g (10.11%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 26.96g (9.8%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 676.28mg (29.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.32g (16.63%), Vitamin K: 161.43µg (153.74%), Vitamin C: 90.64mg (109.86%), Vitamin A: 1770.16IU (35.4%), Fiber: 7.53g (30.1%), Phosphorus: 200.98mg (20.1%), Folate: 77.28µg (19.32%), Manganese: 0.33mg (16.3%), Potassium: 534.84mg (15.28%), Iron: 2.37mg (13.14%), Vitamin B6: 0.22mg (11.22%), Magnesium: 34.21mg (8.55%), Vitamin E: 1.25mg (8.32%), Vitamin B2: 0.14mg (8.06%), Vitamin B3: 1.54mg (7.73%), Vitamin B5: 0.59mg (5.91%), Calcium: 58.17mg (5.82%), Vitamin B1: 0.08mg (5.35%), Copper: 0.08mg (4.07%), Zinc: 0.6mg (4.01%), Selenium: 2.31µg (3.3%)