



Bulgur and Orange Salad



Vegetarian



Vegan



Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup bulgur uncooked



0.8 cup parsley fresh chopped



2 tablespoons juice of lemon



0.5 cup onion chopped



0.8 cup cranberry-orange relish peeled chopped



2 teaspoons orange zest grated



0.3 teaspoon pepper



0.1 teaspoon pepper red crushed

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes chopped
- ☐ 2 teaspoons vegetable oil

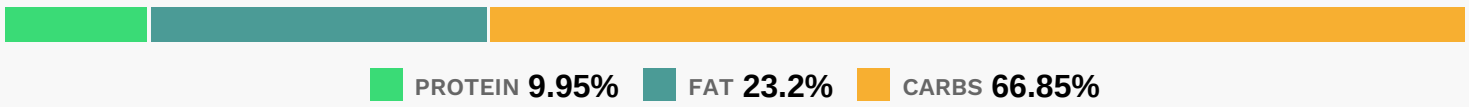
Equipment

- ☐ bowl

Directions

- ☐ Cook bulgur as directed on package--except omit salt. In glass or plastic bowl, toss bulgur and all remaining ingredients.
- ☐ Cover and refrigerate about 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:54.63, Glycemic Load:5.23, Inflammation Score:-8, Nutrition Score:12.550434757834%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg, Naringenin: 5.4mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg, Myricetin: 1.75mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 94.17kcal (4.71%), Fat: 2.62g (4.04%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 12.96g (4.71%), Sugar: 4.83g (5.37%), Cholesterol: 0mg (0%), Sodium: 301.85mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin K: 190.68µg (181.6%), Vitamin C: 41.21mg (49.95%), Vitamin A: 1204.1IU (24.08%), Manganese: 0.45mg (22.39%), Fiber: 4.06g (16.25%), Folate: 38.81µg (9.7%), Magnesium: 33.17mg (8.29%), Potassium: 257.37mg (7.35%), Iron: 1.15mg (6.39%), Vitamin B6: 0.12mg (5.8%), Phosphorus: 57.72mg (5.77%), Vitamin B1: 0.09mg (5.7%), Vitamin B3: 1mg (4.99%), Copper: 0.09mg (4.72%), Calcium: 42.57mg (4.26%), Vitamin E: 0.48mg (3.2%), Vitamin B5: 0.31mg (3.09%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.05mg (2.92%)