



Bulgur, Apricot, and Pine Nut Dressing

 Vegetarian

READY IN



50 min.

SERVINGS



8

CALORIES



280 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5.5 oz bulgur
- ☐ 0.5 cup apricot dried finely chopped (preferably California; 3 oz)
- ☐ 0.8 cup feta cheese crumbled
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1.5 cups onion finely chopped
- ☐ 3.5 oz pinenuts

- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups water

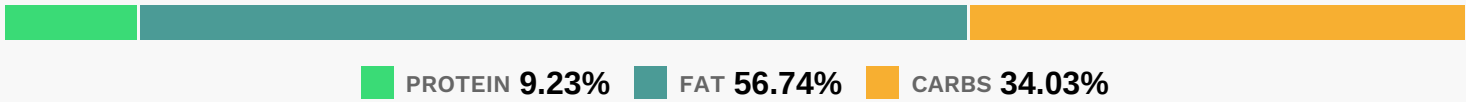
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Heat oil in a 3- to 4-quart heavy saucepan over moderate heat until hot but not smoking, then cook pine nuts, stirring constantly, until golden, 2 to 3 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain.
- ☐ Add onion to pan, then reduce heat to moderately low and cook, stirring occasionally, until softened but not browned, about 6 minutes.
- ☐ Add bulgur and cook, stirring, 1 minute. Stir in water, apricots, salt, and pepper and bring to a boil.
- ☐ Remove pan from heat and let stand, covered, until bulgur is tender, about 30 minutes. Stir in nuts, feta, parsley, and salt and pepper to taste.
- ☐ Bulgur can be made, without pine nuts, feta, and parsley, 1 day ahead and chilled, covered. Reheat in a heavy saucepan over moderately low heat, stirring occasionally, before adding remaining ingredients.*Available at Middle Eastern markets and kalustyans.com.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:7.58, Inflammation Score:-7, Nutrition Score:16.086956247039%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin:

1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 280.15kcal (14.01%), Fat: 18.62g (28.65%), Saturated Fat: 3.47g (21.72%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 19.85g (7.22%), Sugar: 6.17g (6.85%), Cholesterol: 12.52mg (4.17%), Sodium: 316.06mg (13.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Manganese: 1.76mg (88.09%), Vitamin K: 73.35µg (69.85%), Fiber: 5.27g (21.07%), Phosphorus: 193.92mg (19.39%), Magnesium: 73.87mg (18.47%), Vitamin E: 2.55mg (17.02%), Copper: 0.29mg (14.39%), Vitamin A: 674.36IU (13.49%), Zinc: 1.71mg (11.4%), Vitamin B2: 0.19mg (11.01%), Iron: 1.81mg (10.07%), Vitamin B3: 1.98mg (9.88%), Calcium: 96.66mg (9.67%), Vitamin B6: 0.19mg (9.46%), Potassium: 322.43mg (9.21%), Vitamin C: 7.39mg (8.96%), Vitamin B1: 0.13mg (8.69%), Folate: 26.2µg (6.55%), Vitamin B5: 0.47mg (4.73%), Selenium: 2.98µg (4.26%), Vitamin B12: 0.24µg (3.96%)