

Bulgur-Bean Salad

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup artichoke hearts canned drained coarsely chopped
- ☐ 0.3 cup olives black canned drained sliced
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup bulgur uncooked
- ☐ 0.5 cup chickpeas canned drained (garbanzo beans)
- ☐ 0.5 cup kidney beans canned drained
- ☐ 1.5 teaspoons basil dried
- ☐ 2 ounces feta cheese crumbled

- ☐ 2 garlic cloves minced
- ☐ 0.5 cup pre mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup pkt spinach chopped
- ☐ 2 cups water

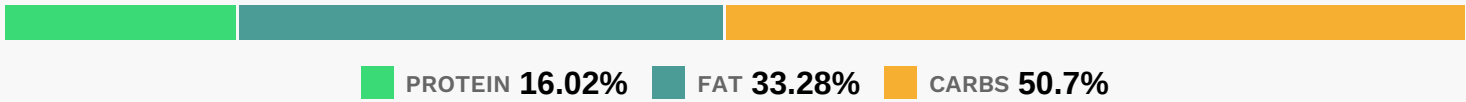
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring the water to a boil in a medium saucepan; add the bulgur. Cover and let stand 30 minutes. Fluff with a fork.
- ☐ Heat the oil in a medium skillet over medium-high heat.
- ☐ Add spinach; saut 1 minute or until spinach wilts; remove from heat.
- ☐ Combine the bulgur, spinach, feta, and the remaining ingredients in a large bowl. Cover and chill for 1 hour.

Nutrition Facts



Properties

Glycemic Index:59.47, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:10.470869704433%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 150.35kcal (7.52%), Fat: 5.74g (8.83%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 13.85g (5.04%), Sugar: 1.07g (1.19%), Cholesterol: 10.09mg (3.36%), Sodium: 533.73mg (23.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Manganese: 0.78mg (39.22%), Vitamin K: 38.3µg (36.47%), Fiber: 5.81g (23.25%), Vitamin A: 648.65IU (12.97%), Phosphorus: 127.15mg (12.71%), Vitamin B6: 0.23mg (11.68%), Magnesium: 45.8mg (11.45%), Vitamin B2: 0.18mg (10.78%), Calcium: 98.13mg (9.81%), Copper: 0.18mg (8.98%), Iron: 1.5mg (8.31%), Folate: 31.09µg (7.77%), Vitamin B3: 1.38mg (6.9%), Zinc: 0.96mg (6.39%), Potassium: 221.46mg (6.33%), Vitamin B1: 0.09mg (6.08%), Selenium: 3.77µg (5.38%), Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.72mg (4.78%), Vitamin B12: 0.2µg (3.26%), Vitamin C: 2.43mg (2.94%)