



Bulgur & broad bean salad with zesty dressing



Vegetarian



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



1

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 50 g bulgur
- ☐ 85 g avarakkai / broad beans frozen podded
- ☐ 6 sugar snap peas halved
- ☐ 4 radishes thinly sliced
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 small handful mint leaves
- ☐ 1 lime zest
- ☐ 0.5 small to 5 chillies red deseeded chopped

- ☐ 1 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp citrus champagne vinegar
- ☐ 1 tsp clear honey

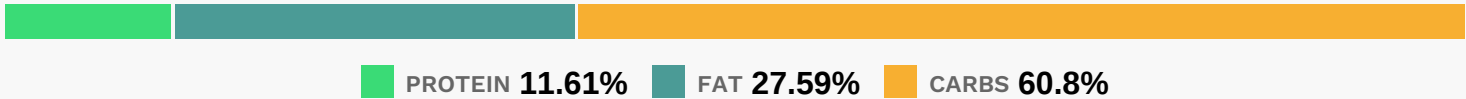
Equipment

- ☐ whisk

Directions

- ☐ Cook the bulgur wheat following pack instructions, adding the broad beans for the final 2 mins. Cool under cold running water, drain well, then toss with the sugar snap peas, radishes and red onion.
- ☐ Whisk together the dressing ingredients with some seasoning and toss through the salad. Scatter with the mint leaves.

Nutrition Facts



Properties

Glycemic Index:293.27, Glycemic Load:27.18, Inflammation Score:-9, Nutrition Score:24.774782719819%

Flavonoids

Pelargonidin: 10.1mg, Pelargonidin: 10.1mg, Pelargonidin: 10.1mg, Pelargonidin: 10.1mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 29.22mg, Hesperetin: 29.22mg, Hesperetin: 29.22mg, Hesperetin: 29.22mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg, Quercetin: 11.43mg

Nutrients (% of daily need)

Calories: 469.47kcal (23.47%), Fat: 15.36g (23.63%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 76.17g (25.39%), Net Carbohydrates: 58.53g (21.28%), Sugar: 12.69g (14.1%), Cholesterol: 0mg (0%), Sodium: 27mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.55g (29.1%), Manganese: 2.08mg (104.04%), Vitamin C: 63.45mg (76.91%), Fiber: 17.63g (70.54%), Magnesium: 139.82mg (34.96%), Folate: 134.1µg (33.53%), Phosphorus: 303.92mg

(30.39%), Copper: 0.51mg (25.53%), Vitamin B6: 0.47mg (23.43%), Iron: 3.77mg (20.93%), Potassium: 731.66mg (20.9%), Vitamin B3: 3.79mg (18.96%), Vitamin B1: 0.27mg (18.28%), Vitamin K: 17.32µg (16.5%), Vitamin E: 2.4mg (16%), Zinc: 2.17mg (14.48%), Vitamin B2: 0.21mg (12.06%), Calcium: 103.17mg (10.32%), Vitamin A: 502.31IU (10.05%), Vitamin B5: 1mg (10.04%), Selenium: 4.21µg (6.01%)