



 **60%**
HEALTH SCORE

Bulgur Chicken Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bulgur uncooked
- 2 cups meat from a rotisserie chicken diced frozen thawed cooked
- 1 cup green onions chopped (8)
- 2 tablespoons juice of lemon
- 1 teaspoon olive oil
- 8 ounce pineapple tidbits in juice undrained canned
- 1 bell pepper red finely chopped
- 0.3 teaspoon salt

2 cups water

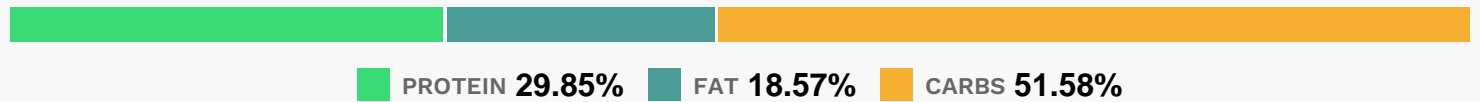
Equipment

sauce pan

Directions

- Bring water to a boil in a medium saucepan. Stir in bulgur; cover and simmer 15 minutes or until water is absorbed.
- Remove from heat, and fluff with a fork.
- While bulgar cooks, combine chicken and next 6 ingredients; if desired, add parsley and hot sauce.
- Add to cooked bulgur, stirring well.

Nutrition Facts



Properties

Glycemic Index:27.75, Glycemic Load:10.22, Inflammation Score:-8, Nutrition Score:21.330869488094%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 296.84kcal (14.84%), Fat: 6.32g (9.73%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 31.08g (11.3%), Sugar: 10.25g (11.39%), Cholesterol: 52.5mg (17.5%), Sodium: 215.56mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.75%), Vitamin C: 51.01mg (61.83%), Manganese: 1.15mg (57.66%), Vitamin K: 54.87µg (52.26%), Vitamin B3: 7.9mg (39.48%), Fiber: 8.44g (33.76%), Vitamin B6: 0.55mg (27.72%), Selenium: 18.44µg (26.34%), Phosphorus: 260.95mg (26.1%), Vitamin A: 1241.37IU (24.83%), Magnesium: 90.81mg (22.7%), Potassium: 513.64mg (14.68%), Vitamin B1: 0.21mg (14.27%), Zinc: 1.98mg (13.23%), Iron: 2.38mg (13.21%), Copper: 0.26mg (13.19%), Vitamin B2: 0.2mg (11.85%), Folate: 46.97µg (11.74%), Vitamin B5: 1.17mg (11.69%), Calcium: 53.9mg (5.39%), Vitamin E: 0.8mg (5.3%), Vitamin B12: 0.2µg (3.38%)