



Bulgur, Garbanzo Bean, and Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



475 kcal

SIDE DISH

Ingredients

- 30 ounce garbanzo beans drained canned (chickpeas)
- 1 pint and/or cherry tomatoes red yellow
- 1 cup cucumber diced english unpeeled
- 0.7 cup optional: dill fresh packed chopped ()
- 1 tablespoon ground cumin
- 6 tablespoons olive oil
- 11 ounces oats whole
- 1 cup roasted peppers diced red

0.3 cup balsamic vinegar white

Equipment

bowl

sauce pan

whisk

Directions

Cook bulgur in large saucepan of boiling salted water until just tender, 10 to 12 minutes.

Drain. Rinse with cold water to cool; drain well.

Transfer to large bowl.

Add garbanzos and next 4 ingredients.

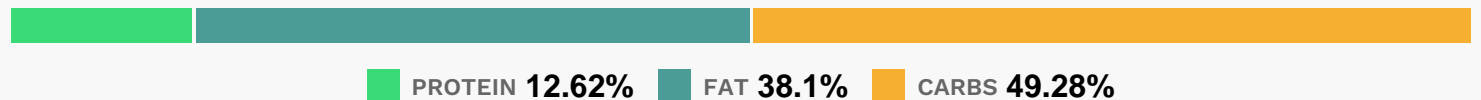
Whisk vinegar and cumin in small bowl.

Whisk in oil. Season dressing with salt and pepper; pour over bulgur to coat salad. Season with salt and pepper.

Per serving: 458 calories, 16 g fat, 15 g fiber

Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 31.72, Glycemic Load: 26.06, Inflammation Score: -8, Nutrition Score: 24.669130434783%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 475.36kcal (23.77%), Fat: 20.93g (32.19%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 48.59g (17.67%), Sugar: 2.65g (2.95%), Cholesterol: 0mg (0%), Sodium: 741.22mg (32.23%), Protein: 15.6g (31.19%), Manganese: 3.66mg (182.79%), Magnesium: 201.1mg (50.27%), Fiber: 12.32g (49.3%), Vitamin B6: 0.83mg (41.67%), Phosphorus: 399.61mg (39.96%), Iron: 5.94mg (33%), Selenium: 20.97µg (29.95%), Vitamin C: 23.31mg (28.26%), Copper: 0.55mg (27.7%), Vitamin B1: 0.38mg (25.36%), Folate: 90.5µg (22.62%), Potassium: 726.32mg (20.75%), Zinc: 3.05mg (20.31%), Vitamin E: 2.42mg (16.13%), Calcium: 118.57mg (11.86%), Vitamin A: 574.31IU (11.49%), Vitamin K: 11.74µg (11.18%), Vitamin B5: 0.96mg (9.62%), Vitamin B3: 1.8mg (9.02%), Vitamin B2: 0.15mg (8.94%)