



WHATSHEATE



HEALTH SCORE

62%

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

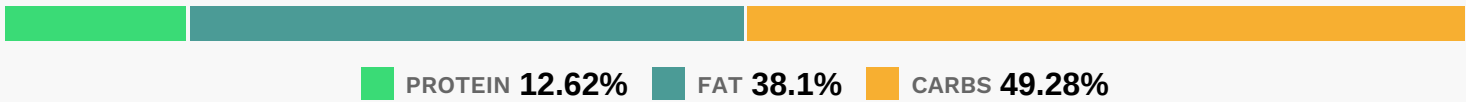
☐ sauce pan

☐ whisk

Directions

- ☐ Cook bulgur in large saucepan of boilingsalted water until just tender, 10 to 12minutes.
- ☐ Drain. Rinse with cold water tocool; drain well.
- ☐ Transfer to large bowl.
- ☐ Addgarbanzos and next 4 ingredients.
- ☐ Whisk vinegar and cumin in small bowl.
- ☐ Whisk in oil. Season dressing with salt andpepper; 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:24.669130366781%

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%), Alcohol: 0g (100%), Alcohol %: 0% (100%), 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%)