



Bulgur-Golden Raisin Pilaf

 Vegetarian

READY IN



16 min.

SERVINGS



4

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bulgur wheat with soy grits hot cereal such as hodgson mill
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1 cup water

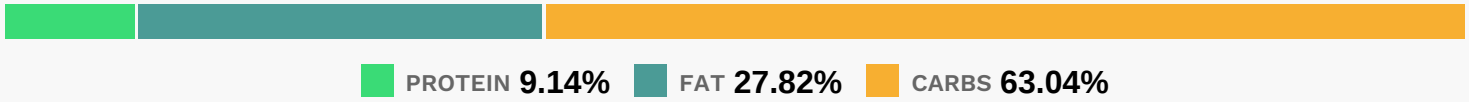
Equipment

☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 8 minutes or until water is almost absorbed.
- ☐ Remove from heat; stir in remaining ingredients.
- ☐ Let stand, uncovered, 2 minutes.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:12.55, Inflammation Score:-3, Nutrition Score:6.9173912279632%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 171.95kcal (8.6%), Fat: 5.73g (8.81%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 24.4g (8.87%), Sugar: 11.1g (12.34%), Cholesterol: 5.38mg (1.79%), Sodium: 171.64mg (7.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Manganese: 0.75mg (37.3%), Fiber: 4.81g (19.26%), Magnesium: 54.1mg (13.53%), Vitamin E: 1.87mg (12.44%), Phosphorus: 106.79mg (10.68%), Copper: 0.2mg (10.24%), Vitamin B2: 0.13mg (7.87%), Potassium: 259.51mg (7.41%), Vitamin B3: 1.36mg (6.81%), Vitamin B6: 0.13mg (6.52%), Iron: 1.03mg (5.72%), Zinc: 0.62mg (4.14%), Vitamin B1: 0.06mg (3.75%), Calcium: 36.77mg (3.68%), Vitamin B5: 0.24mg (2.44%), Folate: 8.35µg (2.09%), Vitamin A: 101.18IU (2.02%), Selenium: 0.86µg (1.22%), Vitamin K: 1.27µg (1.21%)