



 **30%**
HEALTH SCORE

Bulgur-Pepper Patties (Batirik)

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- 0.3 cup bell pepper green grated
- 0.3 cup bell pepper green grated
- 0.8 cup bulgur uncooked fine
- 0.8 cup chop roasted peanuts shelled finely
- 1 tablespoon parsley fresh finely chopped
- 1 teaspoon pepper
- 0.5 cup onion grated
- 2 teaspoons oregano fresh finely chopped

- 0.8 teaspoon sea salt fine
- 2.3 cups tomatoes peeled finely chopped
- 1 teaspoon tomato purée canned

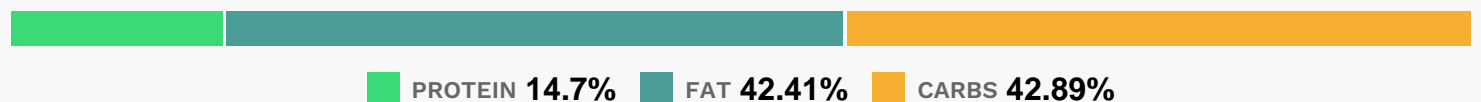
Equipment

- bowl
- measuring cup

Directions

- Combine first 5 ingredients in a large bowl; let stand 15 minutes.
- Add pistachios and next 4 ingredients (through salt); mix well. Press bulgur mixture into a (1/4-cup) dry measuring cup; unmold onto a platter. Repeat with remaining bulgur mixture to form 12 patties total. Chill for 15 minutes; shape each bulgur portion into a 2 1/2-inch patty. Top with chopped parsley, if desired.
- Wine note: A fresh, light dish of Bulgur–Pepper Patties (Batirik) makes a great match for a lemony, green sauvignon blanc. The Chilean Terra Andina Reserva Sauvignon Blanc 2008 (\$1
- is a great value. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:5.79, Inflammation Score:0, Nutrition Score:12.899565105853%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 191.63kcal (9.58%), Fat: 9.76g (15.02%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 15.88g (5.77%), Sugar: 3.61g (4.02%), Cholesterol: 0mg (0%), Sodium: 375.15mg (16.31%), Alcohol:

Og (100%), Protein: 7.61g (15.22%), Manganese: 1.1mg (54.87%), Vitamin C: 25.51mg (30.92%), Fiber: 6.34g (25.35%), Vitamin B3: 4.12mg (20.59%), Vitamin K: 21.05µg (20.05%), Vitamin A: 928.77IU (18.58%), Magnesium: 73.91mg (18.48%), Phosphorus: 143.23mg (14.32%), Vitamin B6: 0.25mg (12.67%), Potassium: 388.22mg (11.09%), Folate: 42.26µg (10.57%), Vitamin E: 1.58mg (10.53%), Copper: 0.19mg (9.55%), Iron: 1.29mg (7.18%), Vitamin B1: 0.1mg (6.99%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.57mg (5.66%), Vitamin B2: 0.09mg (5.13%), Calcium: 39.87mg (3.99%), Selenium: 2.28µg (3.25%)