



Bulgur Pilaf

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons almonds toasted sliced
- 1 cup bulgur uncooked
- 0.3 cup green onions sliced
- 2 cups no-salt-added chicken broth canned
- 2 tablespoons raisins
- 0.5 teaspoon salt

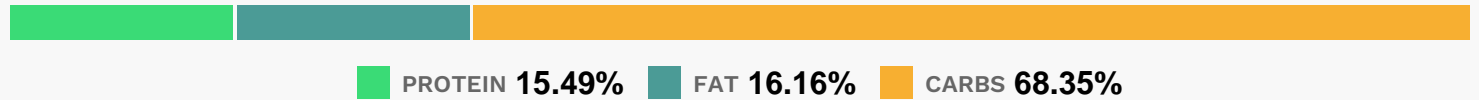
Equipment

- sauce pan

Directions

- Place broth in a medium saucepan; bring to a boil.
- Add bulgur. Cover, reduce heat, and simmer 15 minutes. Stir in green onions, raisins, and salt; cover and cook 5 additional minutes or until bulgur is tender and liquid is absorbed. Stir in almonds.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:10.22, Inflammation Score:-3, Nutrition Score:8.6426086892252%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 153.38kcal (7.67%), Fat: 2.98g (4.58%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 22.15g (8.06%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 268.15mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.84%), Manganese: 0.97mg (48.47%), Fiber: 6.16g (24.65%), Magnesium: 60.47mg (15.12%), Vitamin B3: 2.96mg (14.82%), Phosphorus: 137.91mg (13.79%), Vitamin K: 10.88µg (10.36%), Copper: 0.21mg (10.28%), Potassium: 288.65mg (8.25%), Vitamin E: 1.07mg (7.12%), Vitamin B2: 0.12mg (7.12%), Iron: 1.27mg (7.04%), Vitamin B6: 0.13mg (6.25%), Vitamin B1: 0.08mg (5.51%), Zinc: 0.79mg (5.27%), Vitamin B5: 0.32mg (3.18%), Folate: 12.7µg (3.17%), Calcium: 29.76mg (2.98%), Vitamin B12: 0.09µg (1.57%), Vitamin C: 1.26mg (1.53%), Selenium: 0.87µg (1.25%), Vitamin A: 52.41IU (1.05%)