



Bulgur Pilaf

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons canola oil melted
- ☐ 0.5 cup slivered almonds
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup carrots chopped
- ☐ 14 ounces chicken broth canned
- ☐ 1 cup bulgur uncooked
- ☐ 0.3 teaspoon lemon pepper black
- ☐ 0.3 cup parsley fresh chopped

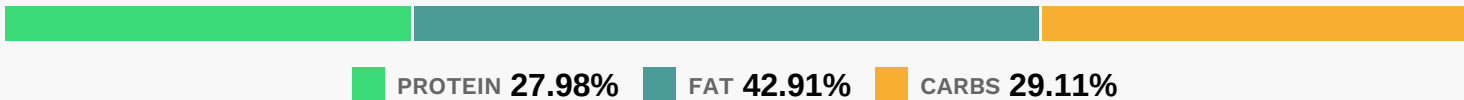
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon of the oil in 12-inch skillet over medium-high heat. Cook almonds in oil 2 to 3 minutes, stirring constantly, until golden brown.
- ☐ Remove almonds from skillet.
- ☐ Add remaining 1 tablespoon oil, the onion and carrot to skillet. Cook about 3 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in broth, bulgur and lemon pepper seasoning salt.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 15 minutes or until bulgur is tender and liquid is absorbed. Stir in almonds and parsley.

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:7.04, Inflammation Score:-9, Nutrition Score:16.084782691106%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg, Isorhamnetin: 0.91mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 306.35kcal (15.32%), Fat: 14.89g (22.9%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 16.7g (6.07%), Sugar: 1.58g (1.76%), Cholesterol: 33.07mg (11.02%), Sodium: 332.2mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.68%), Manganese: 0.96mg (48.2%), Vitamin K:

47.89µg (45.61%), Vitamin A: 2112.57IU (42.25%), Fiber: 6.02g (24.1%), Vitamin E: 3.44mg (22.93%), Phosphorus: 223.68mg (22.37%), Magnesium: 79.14mg (19.79%), Selenium: 13.16µg (18.8%), Zinc: 2.46mg (16.41%), Vitamin B3: 3.26mg (16.3%), Vitamin B6: 0.25mg (12.55%), Vitamin B2: 0.21mg (12.23%), Iron: 1.99mg (11.06%), Vitamin B12: 0.66µg (11.02%), Copper: 0.22mg (10.94%), Potassium: 331.4mg (9.47%), Vitamin C: 4.94mg (5.99%), Vitamin B1: 0.09mg (5.87%), Calcium: 52.04mg (5.2%), Folate: 19.96µg (4.99%), Vitamin B5: 0.34mg (3.43%)