Bulgur Pilaf with Broccoli and Carrots

READY IN	SERVINGS	CALORIES
395 min.	8	411 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 2 cups cracked wheat uncooked
- [ ] 1 tablespoon butter melted
- [ ] 1 teaspoon salt
- [ ] 2.7 cups carrots shredded
- [ ] 1 cup onion chopped
- [ ] 28 oz chicken broth canned
- [ ] 4 cups broccoli fresh chopped
- [ ] 4 oz colby cheese shredded

Equipment

- [ ] slow cooker

Directions

- [ ] In 4- to 5-quart slow cooker, mix all ingredients except broccoli and cheese.
- [ ] Cover; cook on Low heat setting 6 to 8 hours or just until bulgur is tender.
- [ ] Stir in broccoli.
- [ ] Sprinkle with cheese. Increase heat setting to High. Cover; cook about 15 minutes or until broccoli is tender and cheese is melted.

Nutrition Facts

PROTEIN **32.89%** FAT **34.18%** CARBS **32.93%**

Properties

Glycemic Index:13.23, Glycemic Load:2.34, Inflammation Score:-10, Nutrition Score:21.27826085298%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 410.57kcal (20.53%), Fat: 15.97g (24.57%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 34.62g (11.54%), Net Carbohydrates: 27.72g (10.08%), Sugar: 3.69g (4.1%), Cholesterol: 63.08mg (21.03%), Sodium: 915.82mg (39.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.14%), Vitamin A: 7781.53IU (155.63%), Vitamin C: 43.25mg (52.42%), Vitamin K: 53.26µg (50.72%), Phosphorus: 383.2mg (38.32%), Selenium: 21.56µg (30.79%), Fiber: 6.9g (27.59%), Zinc: 3.23mg (21.56%), Vitamin B12: 1.11µg (18.53%), Vitamin B6: 0.36mg (17.99%), Potassium: 612.07mg (17.49%), Iron: 3.11mg (17.26%), Vitamin B3: 3.12mg (15.59%), Calcium: 151.05mg (15.11%), Vitamin B2: 0.23mg (13.8%), Folate: 44.18µg (11.05%), Magnesium: 38.96mg (9.74%), Manganese: 0.18mg (9.08%), Vitamin E: 1.04mg (6.94%), Copper: 0.1mg (5.22%), Vitamin B1: 0.07mg (4.73%), Vitamin B5: 0.42mg (4.24%), Vitamin D: 0.18µg (1.23%)