Bulgur Pilaf with Onions and Tomato Juice

READY IN	SERVINGS	CALORIES
45 min.	8	298 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 2 cups bulgur uncooked
- [ ] 5 tablespoons butter
- [ ] 0.3 teaspoon basil dried
- [ ] 0.3 cup flat-leaf parsley fresh chopped
- [ ] 0.5 teaspoon ground cumin
- [ ] 2 cups less-sodium beef broth fat-free hot
- [ ] 3 cups onion chopped
- [ ] 0.8 cup vermicelli crushed uncooked
- [ ] 0.5 teaspoon salt

- [ ] 1 cup sacremento tomato juice
- [ ] 1 cup water
- [ ] 0.5 teaspoon pepper white

Equipment

- [ ] frying pan
- [ ] sauce pan

Directions

- [ ] Melt butter in a large saucepan over medium-high heat.
- [ ] Add onion to pan, and saut for 10 minutes or until lightly browned.
- [ ] Add vermicelli to pan; cook for 2 minutes.
- [ ] Add bulgur to pan, and cook for 1 minute, stirring constantly. Stir in broth and next 6 ingredients (through basil), and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Stir in parsley.

Nutrition Facts

PROTEIN **9.27%** FAT **22.85%** CARBS **67.88%**

Properties

Glycemic Index:31.29, Glycemic Load:21.6, Inflammation Score:-7, Nutrition Score:12.525217263595%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 12.55mg, Quercetin: 12.55mg, Quercetin: 12.55mg, Quercetin: 12.55mg

Nutrients (% of daily need)

Calories: 297.67kcal (14.88%), Fat: 7.81g (12.01%), Saturated Fat: 4.65g (29.04%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 44.17g (16.06%), Sugar: 3.79g (4.21%), Cholesterol: 18.81mg (6.27%), Sodium: 366.13mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Manganese: 1.29mg (64.59%), Fiber: 8.02g (32.08%), Vitamin K: 33.51µg (31.91%), Magnesium: 71.61mg (17.9%), Phosphorus: 165.92mg (16.59%), Vitamin

C: 12.53mg (15.19%), Potassium: 442.98mg (12.66%), Vitamin B6: 0.23mg (11.59%), Vitamin B3: 2.15mg (10.74%), Vitamin A: 519.47IU (10.39%), Copper: 0.19mg (9.35%), Vitamin B1: 0.13mg (8.86%), Iron: 1.52mg (8.45%), Folate: 30.82µg (7.71%), Zinc: 1.03mg (6.85%), Selenium: 4.65µg (6.64%), Vitamin B5: 0.54mg (5.44%), Vitamin B2: 0.08mg (4.43%), Calcium: 40.94mg (4.09%), Vitamin E: 0.35mg (2.37%)