



Bulgur Pilaf with Pea Pods

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.8 cups chicken broth (from 32-oz carton)
- 0.5 cup water
- 1 teaspoon thyme leaves dried
- 1 cup bulgur uncooked
- 1 teaspoon soybean oil
- 1 cup sugar snap peas fresh cut into 3/4-inch pieces
- 0.5 cup bell pepper red finely chopped
- 0.3 cup spring onion sliced (5 medium)

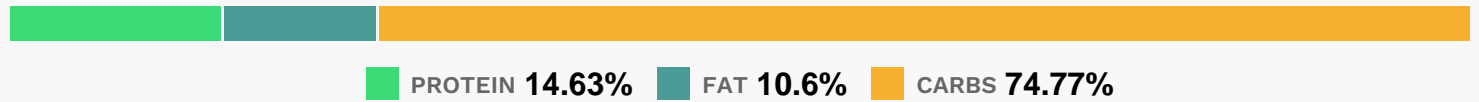
Equipment

- frying pan
- sauce pan

Directions

- In 2-quart saucepan, heat broth, water and thyme to boiling. Stir in bulgur. Cover; simmer 15 to 20 minutes, stirring occasionally, until bulgur is tender and water is absorbed.
- Meanwhile, in 8-inch skillet, heat oil over medium-high heat.
- Add sugar snap peas, bell pepper and onions; cook 3 to 4 minutes, stirring frequently, until tender.
- Stir snap pea mixture into cooked bulgur.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:9.85, Inflammation Score:-8, Nutrition Score:13.708695768014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 154.12kcal (7.71%), Fat: 1.94g (2.98%), Saturated Fat: 0.29g (1.82%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 22.99g (8.36%), Sugar: 2.54g (2.82%), Cholesterol: 2.06mg (0.69%), Sodium: 391.97mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.02%), Manganese: 1.22mg (60.83%), Vitamin C: 40.91mg (49.58%), Fiber: 7.72g (30.88%), Vitamin K: 27.02µg (25.73%), Vitamin A: 961.51IU (19.23%), Magnesium: 69.31mg (17.33%), Phosphorus: 130.55mg (13.06%), Vitamin B3: 2.4mg (11.99%), Vitamin B6: 0.22mg (11%), Vitamin B1: 0.15mg (10.29%), Iron: 1.73mg (9.63%), Vitamin B2: 0.15mg (8.55%), Copper: 0.17mg (8.48%), Folate: 33.87µg (8.47%), Potassium: 276.35mg (7.9%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.9mg (6.03%), Vitamin E: 0.59mg (3.93%), Calcium: 37.11mg (3.71%), Selenium: 1.46µg (2.08%)