



Bulgur Pilaf with Roasted Carrots and Parsnips

 Vegetarian  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 1 cup bulgur
- 1 pound carrots peeled cut into medium dice
- 2 medium garlic clove finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon honey
- 0.5 teaspoon kosher salt as needed plus more

- 2 tablespoons juice of lemon freshly squeezed (from 1 medium lemon)
- 0.3 cup olive oil
- 0.3 cup parsley fresh italian coarsely chopped
- 1 pound parsnips peeled cut into medium dice
- 0.3 cup sunflower seeds unsalted
- 1.8 cups water
- 1 medium onion yellow

Equipment

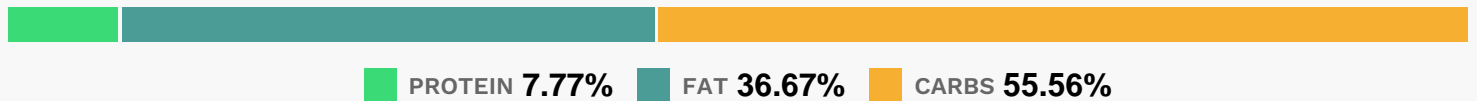
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk

Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Heat 1 tablespoon of the oil in a medium saucepan over medium heat until shimmering.
- Add the onion, garlic, and 1/2 teaspoon of the cumin and season with salt and pepper. Cook, stirring occasionally, until the onion has softened and is just beginning to brown, about 6 minutes.
- Add the water and measured salt and stir to combine. Increase the heat to high and bring to a boil.
- Remove the pan from the heat, add the bulgur, and stir to combine. Cover with a tightfitting lid and let sit until the bulgur is tender and most or all of the liquid has been absorbed, about 30 minutes. Meanwhile, roast the carrots and parsnips and make the dressing.
- Place the carrots and parsnips on a baking sheet, drizzle with 2 tablespoons of the oil, add the remaining 1/2 teaspoon of cumin, season with salt and pepper, and toss to evenly coat.

- Spread the vegetables into an even layer and roast until cooked through and browned in spots, about 15 minutes.
- Place the lemon juice and honey in a large, nonreactive bowl and whisk to combine. While whisking continuously, add the remaining 1/4 cup of oil in a slow, steady stream until it's fully incorporated. Set aside. When the bulgur is ready, transfer it and any liquid in the pan to the bowl with the dressing.
- Add the roasted vegetables, parsley, and sunflower seeds and toss to combine. Taste and season with salt and pepper as needed.
- Let the pilaf sit at room temperature for about 15 minutes for the flavors to combine before serving.

Nutrition Facts



Properties

Glycemic Index:57.35, Glycemic Load:15, Inflammation Score:-10, Nutrition Score:24.263912760693%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 295.53kcal (14.78%), Fat: 12.72g (19.58%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 32.32g (11.75%), Sugar: 9.35g (10.39%), Cholesterol: 0mg (0%), Sodium: 264.59mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin A: 12850.55IU (257.01%), Manganese: 1.42mg (71.09%), Vitamin K: 74.12µg (70.59%), Fiber: 11.06g (44.26%), Vitamin E: 4.94mg (32.95%), Vitamin C: 24.35mg (29.52%), Magnesium: 93.15mg (23.29%), Folate: 92.38µg (23.09%), Potassium: 714.89mg (20.43%), Phosphorus: 197.55mg (19.75%), Vitamin B6: 0.37mg (18.41%), Vitamin B1: 0.27mg (18.05%), Copper: 0.33mg (16.7%), Vitamin B3: 3.01mg (15.07%), Iron: 2.04mg (11.35%), Vitamin B5: 1.01mg (10.14%), Zinc: 1.46mg (9.71%), Vitamin B2: 0.14mg (8.19%), Calcium: 80.36mg (8.04%), Selenium: 5.21µg (7.44%)