



Bulgur Pilaf with Spinach



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups bulgur
- ☐ 1 qt chicken broth
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion diced
- ☐ 1 teaspoon salt
- ☐ 1 pound pkt spinach chopped

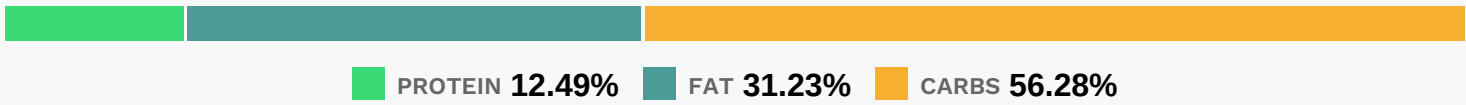
Equipment

☐ pot

Directions

- ☐ Heat a medium pot over medium-high heat, 2 minutes.
- ☐ Add oil, then stir in onion and garlic. Cook, stirring often, until onion is translucent, about 4 minutes.
- ☐ Pour in bulgur and stir to coat with oil.
- ☐ Add broth.
- ☐ Let mixture come to a boil, then stir in spinach, cover, and reduce heat to simmer. Cook until all liquid has been absorbed and bulgur is tender, about 20 minutes. Season with salt and lemon juice.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:10.19, Inflammation Score:-10, Nutrition Score:23.312608506369%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg, Kaempferol: 3.74mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 208.54kcal (10.43%), Fat: 7.71g (11.86%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 23.27g (8.46%), Sugar: 1.74g (1.93%), Cholesterol: 2.37mg (0.79%), Sodium: 781.33mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin K: 278.67µg (265.4%), Vitamin A: 5322.74IU (106.45%), Manganese: 1.67mg (83.38%), Fiber: 7.99g (31.97%), Folate: 123.41µg (30.85%), Magnesium: 105.56mg (26.39%), Vitamin C: 18.28mg (22.16%), Potassium: 513.61mg (14.67%), Vitamin E: 2.2mg (14.66%),

Phosphorus: 144.25mg (14.42%), Iron: 2.57mg (14.3%), Vitamin B6: 0.26mg (13.15%), Vitamin B2: 0.22mg (13.14%),
Vitamin B3: 2.49mg (12.44%), Copper: 0.22mg (10.94%), Vitamin B1: 0.16mg (10.72%), Calcium: 79.14mg (7.91%),
Zinc: 1.1mg (7.34%), Vitamin B5: 0.44mg (4.43%), Selenium: 2.05µg (2.93%)