



Bulgur Risotto with Corn and Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bulgur
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 cups ears corn fresh
- ☐ 3 cloves garlic finely chopped
- ☐ 2 lime juiced cut into wedges)
- ☐ 2 tablespoons olive oil
- ☐ 1 medium bell pepper red cored seeded chopped
- ☐ 0.3 teaspoon pepper red

- ☐ 0.5 teaspoon salt
- ☐ 12 ounces shrimp raw fresh shelled thawed deveined ()

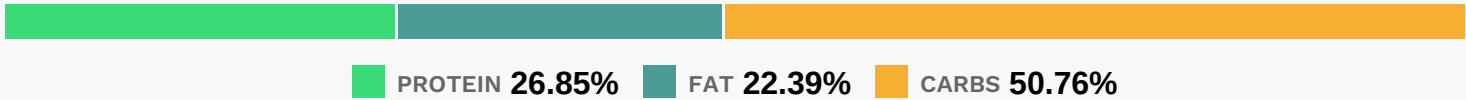
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat. Cook garlic, stirring, for 30 seconds; add bulgur and salt; stir 1 minute more. Gradually stir in 2 cups boiling water, 1/2 cup at a time (waiting until bulgur absorbs it to add more), until bulgur is slightly soupy, 8 to 10 minutes. (You might not use all the water.)
- ☐ Add shrimp. Cook, stirring constantly, until it turns pink, 2 to 3 minutes.
- ☐ Add corn, bell pepper, juice from 1 lime and red pepper flakes; stir, adding water to keep mixture creamy. Cook, stirring, until corn and pepper are warmed through, 1 to 2 minutes.
- ☐ Add cilantro; serve with lime wedges.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:10.88, Inflammation Score:-8, Nutrition Score:19.305217421573%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 337.94kcal (16.9%), Fat: 9.07g (13.95%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 36.73g (13.36%), Sugar: 6.54g (7.26%), Cholesterol: 136.93mg (45.64%), Sodium: 413.61mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.95%), Vitamin C: 53.73mg (65.13%),

Manganese: 1.29mg (64.69%), Fiber: 9.54g (38.15%), Phosphorus: 369.59mg (36.96%), Magnesium: 120.59mg (30.15%), Copper: 0.53mg (26.31%), Vitamin A: 1191.69IU (23.83%), Potassium: 677.52mg (19.36%), Vitamin B3: 3.47mg (17.36%), Vitamin B6: 0.32mg (16.01%), Zinc: 2.3mg (15.31%), Vitamin B1: 0.23mg (15.01%), Folate: 56.99µg (14.25%), Iron: 2.13mg (11.82%), Vitamin E: 1.7mg (11.32%), Vitamin B5: 1.07mg (10.73%), Vitamin K: 10.03µg (9.55%), Calcium: 86.67mg (8.67%), Vitamin B2: 0.12mg (6.9%), Selenium: 1.76µg (2.51%)