



## Bulgur Salad with Apples and Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



15

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup bulgur
- 3 cups meat from a rotisserie chicken diced boneless skinless cooked
- 2 tablespoons apple cider vinegar
- 1.5 teaspoons dijon mustard
- 1 apples i use 2 granny smith apples cored peeled cut into 1/4-inch dice
- 1.5 teaspoons brown sugar light
- 2 cups chicken broth low-sodium
- 0.3 cup olive oil

- 15 servings salt
- 2 spring onion thinly sliced
- 3 tablespoons walnut pieces chopped

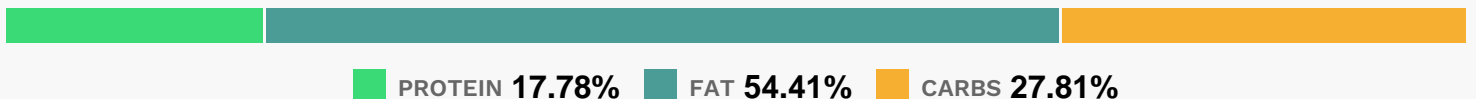
## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Combine bulgur and broth in a medium saucepan and bring to a boil. Cover, reduce heat to low and simmer for 15 minutes.
- Transfer to a large bowl, fluff with a fork and let stand 15 minutes to cool.
- Place walnuts in a small nonstick skillet over medium-high heat. Cook, stirring constantly, until toasted and fragrant, about 3 minutes.
- Transfer to a bowl to cool.
- Whisk together vinegar, brown sugar, mustard and 1/4 tsp. salt in a small bowl.
- Add oil in a slow stream and whisk until emulsified.
- Add apple and chicken to bowl with bulgur.
- Pour in dressing and toss to coat. Season with salt, transfer salad to a serving bowl or platter and sprinkle with walnuts and scallions.
- Serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:13.53, Glycemic Load:3.03, Inflammation Score:-2, Nutrition Score:4.7586956827537%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## **Nutrients (% of daily need)**

Calories: 139.51kcal (6.98%), Fat: 8.66g (13.32%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 7.77g (2.82%), Sugar: 1.83g (2.04%), Cholesterol: 16.95mg (5.65%), Sodium: 226.84mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Manganese: 0.37mg (18.58%), Vitamin B3: 2.49mg (12.45%), Fiber: 2.2g (8.79%), Phosphorus: 80.22mg (8.02%), Vitamin B6: 0.13mg (6.57%), Magnesium: 24.61mg (6.15%), Vitamin K: 6.32µg (6.02%), Selenium: 3.75µg (5.36%), Copper: 0.1mg (4.77%), Vitamin E: 0.64mg (4.25%), Potassium: 137.08mg (3.92%), Zinc: 0.59mg (3.9%), Iron: 0.63mg (3.51%), Vitamin B5: 0.33mg (3.25%), Vitamin B2: 0.06mg (3.24%), Vitamin B1: 0.05mg (3.06%), Folate: 7.26µg (1.82%), Vitamin B12: 0.1µg (1.69%), Vitamin C: 1.25mg (1.51%), Calcium: 11.79mg (1.18%), Vitamin A: 55.74IU (1.11%)