



Bulgur Salad with Feta

 Vegetarian

READY IN



18 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup bulgur uncooked
- 15 ounce garbanzo beans drained canned
- 0.5 cup celery chopped
- 0.7 cup cucumber seeded chopped
- 1.3 ounces feta cheese crumbled
- 0.3 cup parsley fresh finely chopped
- 2 cups grape tomatoes halved
- 3 tablespoons juice of lemon fresh

- 1 tablespoon olive oil extra-virgin
- 0.3 teaspoon pepper
- 0.3 cup onion red chopped
- 0.5 teaspoon salt
- 0.7 cup water boiling

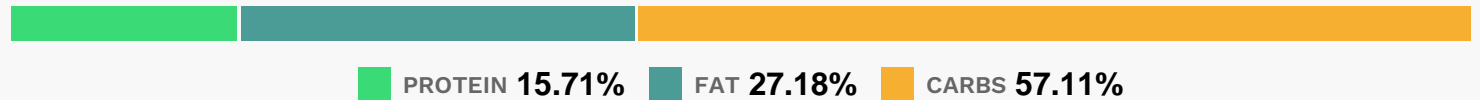
Equipment

- bowl

Directions

- Combine bulgur and water in a large bowl. Cover and let stand 20 minutes or until bulgur is softened.
- While bulgur stands, combine tomato and next 9 ingredients.
- Add to bulgur, stirring gently.
- Add cheese, and toss well.

Nutrition Facts



Properties

Glycemic Index:48.39, Glycemic Load:7.67, Inflammation Score:-7, Nutrition Score:13.555652002925%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 170.68kcal (8.53%), Fat: 5.43g (8.35%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 25.66g (8.55%), Net Carbohydrates: 18.59g (6.76%), Sugar: 2.27g (2.53%), Cholesterol: 5.47mg (1.82%), Sodium: 476.21mg (20.7%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 7.06g (14.12%), Manganese: 1.16mg (57.96%), Vitamin K: 50.44µg (48.03%), Fiber: 7.08g (28.31%), Vitamin B6: 0.48mg (24.23%), Vitamin C: 14.49mg (17.57%), Phosphorus: 145.87mg (14.59%), Magnesium: 56.98mg (14.24%), Vitamin A: 711.79IU (14.24%), Copper: 0.22mg (10.96%), Folate: 43.44µg (10.86%), Potassium: 365.06mg (10.43%), Iron: 1.68mg (9.33%), Calcium: 78.18mg (7.82%), Zinc: 1.14mg (7.58%), Vitamin B1: 0.1mg (6.74%), Vitamin B3: 1.33mg (6.63%), Vitamin B2: 0.1mg (6.14%), Vitamin B5: 0.57mg (5.66%), Vitamin E: 0.68mg (4.56%), Selenium: 2.8µg (4.01%), Vitamin B12: 0.1µg (1.73%)