



## Bulgur Salad with Garbanzo Beans, Feta, and Plum Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup parsley fresh italian chopped
- 2 cups water
- 1 cup bulgur
- 0.3 cup mint leaves fresh chopped
- 0.5 cup spring onion chopped
- 1 teaspoon salt
- 2 teaspoons lemon zest grated

- 15.5 ounce garbanzo beans rinsed drained canned (chickpeas)
- 1 cup plum tomatoes diced
- 3 tablespoons juice of lemon fresh
- 0.5 cup feta cheese crumbled
- 1.5 tablespoons olive oil

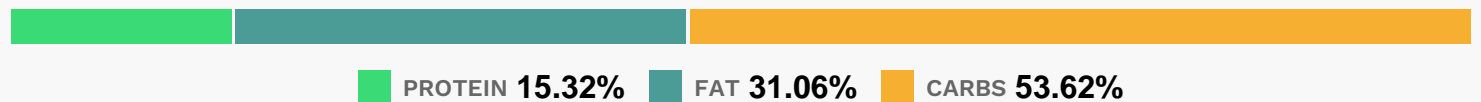
## Equipment

- bowl
- sauce pan

## Directions

- Bring 2 cups water to boil in medium saucepan.
- Remove from heat; add bulgur and salt and stir to blend. Cover and let stand until bulgur is just tender, about 20 minutes.
- Drain well, pressing to extract excess water.
- Transfer bulgur to large bowl; cool.
- Mix in remaining ingredients. Season with salt and pepper and serve.
- \*Also called cracked wheat; available at natural foods stores and supermarkets.
- Per serving: calories, 313; total fat, 11 g; saturated fat, 4 g; cholesterol, 17 mg
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:54.08, Glycemic Load:14.54, Inflammation Score:-8, Nutrition Score:25.139130447222%

## Flavonoids

Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg Luteolin: 0.54mg,

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

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

Calories: 334.49kcal (16.72%), Fat: 12.14g (18.67%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 34.25g (12.46%), Sugar: 2.36g (2.62%), Cholesterol: 16.69mg (5.56%), Sodium: 1121.58mg (48.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.92%), Vitamin K: 116.71µg (111.15%), Manganese: 2.11mg (105.65%), Fiber: 12.88g (51.51%), Vitamin B6: 0.79mg (39.5%), Vitamin C: 24.05mg (29.15%), Phosphorus: 281.55mg (28.15%), Magnesium: 107.15mg (26.79%), Vitamin A: 1297.75IU (25.95%), Copper: 0.38mg (18.92%), Folate: 74.04µg (18.51%), Calcium: 180.04mg (18%), Iron: 3.23mg (17.95%), Potassium: 550.39mg (15.73%), Zinc: 2.24mg (14.93%), Vitamin B2: 0.25mg (14.92%), Vitamin B3: 2.68mg (13.4%), Vitamin B1: 0.18mg (12.31%), Vitamin B5: 0.99mg (9.88%), Selenium: 5.91µg (8.45%), Vitamin E: 1.26mg (8.37%), Vitamin B12: 0.32µg (5.28%)