



Bulgur Salad with Grapes and Kale



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bulgur uncooked
- ☐ 1 pinch cayenne
- ☐ 2 cups california grapes seedless halved
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parsley italian chopped

- ☐ 1 cup pecan halves toasted roughly chopped
- ☐ 6 servings salt and pepper black to taste
- ☐ 0.3 cup scallions thinly sliced
- ☐ 2 cups swiss chard leaves packed finely
- ☐ 2 cups water

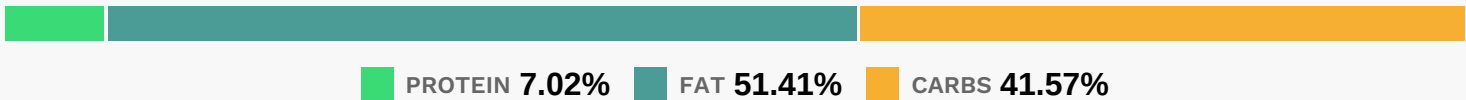
Equipment

- ☐ sauce pan

Directions

- ☐ Bring 2 cups of water to a boil in a medium saucepan.Stir in bulgur and 1/2 teaspoon salt and remove from heat.Cover and let stand 20 minutes or until most of water is absorbed.
- ☐ Drain well and press to extract any excess water.
- ☐ Let cool and stir in the remaining ingredients.Season well with salt and black pepper, to taste.
- ☐ Serve room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:10.56, Inflammation Score:-8, Nutrition Score:17.245652157327%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg

Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 277.81kcal (13.89%), Fat: 17.04g (26.21%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 24.12g (8.77%), Sugar: 9.11g (10.12%), Cholesterol: 0mg (0%), Sodium: 425.76mg (18.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin K: 201.42µg (191.83%), Manganese: 1.55mg (77.53%), Fiber: 6.88g (27.51%), Vitamin A: 1249.1IU (24.98%), Vitamin C: 17.63mg (21.37%), Copper: 0.39mg (19.38%), Magnesium: 76.34mg (19.09%), Vitamin B1: 0.21mg (14.14%), Phosphorus: 136.68mg (13.67%), Potassium: 356.13mg (10.18%), Iron: 1.8mg (10.03%), Vitamin B6: 0.18mg (9.14%), Zinc: 1.36mg (9.08%), Vitamin E: 1.32mg (8.81%), Vitamin B3: 1.63mg (8.15%), Folate: 25.02µg (6.26%), Vitamin B2: 0.1mg (6.16%), Vitamin B5: 0.47mg (4.71%), Calcium: 44.95mg (4.5%), Selenium: 1.37µg (1.96%)