



Bulgur Salad with Green Onion Vinaigrette

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup medium-grind bulgur
- 1 cup flat-leaf parsley fresh finely chopped
- 0.5 cup mint leaves fresh finely chopped
- 4 green onions sliced
- 1 tablespoon buckwheat honey
- 1 teaspoon kosher salt
- 0.3 cup juice of lime fresh

- 0.5 cup olive oil
- 2 plum tomatoes diced finely
- 0.5 small onion diced red finely
- 1 serrano chile chopped

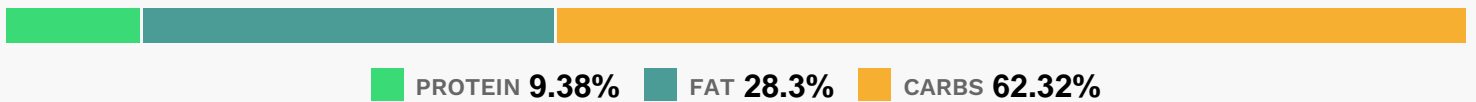
Equipment

- bowl
- blender
- plastic wrap

Directions

- Watch how to make this recipe.
- Place bulgur in a large bowl, pour 3 cups boiling water over, cover the bowl with plastic wrap and let sit until tender, about 15 to 20 minutes.
- Drain well, squeezing out as much water as possible, if needed. Return the cooked bulgur to the bowl and mix in the onion, tomatoes, parsley, mint, and 4 sliced green onions.
- Place the lime juice, honey, serrano, and 1/2 cup chopped green onion in a blender and blend until smooth. With the motor running, slowly add the oil until emulsified. If the mixture appears too thick, blend in a few tablespoons of cold water, and season with salt and pepper, to taste.
- Transfer the salad to a platter and drizzle with the green onion vinaigrette.

Nutrition Facts



Properties

Glycemic Index:43.38, Glycemic Load:6.88, Inflammation Score:-8, Nutrition Score:12.684782652751%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg

0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 122.92kcal (6.15%), Fat: 4.16g (6.4%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 16.05g (5.84%), Sugar: 4.36g (4.84%), Cholesterol: 0mg (0%), Sodium: 400.47mg (17.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin K: 185.68µg (176.83%), Manganese: 0.67mg (33.52%), Vitamin C: 23mg (27.88%), Vitamin A: 1270.69IU (25.41%), Fiber: 4.57g (18.28%), Magnesium: 42.88mg (10.72%), Folate: 35.5µg (8.87%), Iron: 1.49mg (8.26%), Phosphorus: 73.83mg (7.38%), Potassium: 251.89mg (7.2%), Vitamin B3: 1.3mg (6.51%), Vitamin E: 0.93mg (6.18%), Vitamin B6: 0.12mg (5.82%), Copper: 0.12mg (5.8%), Vitamin B1: 0.07mg (4.79%), Calcium: 41.68mg (4.17%), Zinc: 0.59mg (3.93%), Vitamin B2: 0.06mg (3.33%), Vitamin B5: 0.29mg (2.9%)