

health-score 86%

HEALTH SCORE

Bulgur-Stuffed Summer Vegetables

 Very Healthy

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READY IN

ready

105 min.

SERVINGS

servings

4

CALORIES

calories

274 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgur wheat
- ☐ 1.3 cups chicken broth
- ☐ 0.3 pound crimini mushrooms chopped
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped

- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 zucchini and/or summer squash yellow
- ☐ 2 tomatoes
- ☐ 2 bell peppers red yellow 1, 1

Equipment

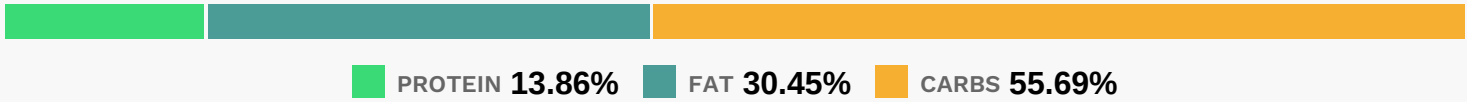
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Place the bulgur in a heatproof bowl. In a sauce pan, bring the chicken broth and 1 1/2 cups water to a boil. When the liquid has come to a boil, pour over the bulgur.
- ☐ Let sit until the bulgur absorbs the liquid, about 20 minutes.
- ☐ Cut off the top third of the bell peppers.
- ☐ Remove the seeds and ribs leaving a 'cup' for the stuffing. Dice the flesh from the top 1/3 and reserve.
- ☐ Cut a 1/3 of the zucchini lengthwise to reveal the seeds. Scoop out the seeds to create a boat. Dice the remaining 1/3 pieces. Slice the tomatoes in half and scoop out the seeds to create a cup.
- ☐ In a large saute pan, heat the oil over medium heat.
- ☐ Add the chopped onion and sweat until translucent.
- ☐ Add the reserved chopped peppers, squash, mushrooms, and garlic to the pan. Season the vegetables with salt and pepper. Cook until the vegetables are tender, about 10 minutes.
- ☐ Drain the cooked vegetables, if necessary, and add to the cooked bulgur.

Sprinkle salt and pepper on the inside of the vegetable 'cups.' Stuff the vegetables with the bulgur mixture, place in a shallow baking dish, cover with foil, and bake for 45 minutes. Uncover and sprinkle with grated Parmesan cheese, then bake for an additional 10 minutes, or until the cheese is brown and melted.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:12.44, Inflammation Score:-10, Nutrition Score:25.759565121454%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 274.31kcal (13.72%), Fat: 9.98g (15.35%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 41.08g (13.69%), Net Carbohydrates: 31g (11.27%), Sugar: 7.99g (8.88%), Cholesterol: 6.91mg (2.3%), Sodium: 398.76mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.44%), Vitamin C: 103.74mg (125.75%), Manganese: 1.61mg (80.35%), Vitamin A: 2673.02IU (53.46%), Fiber: 10.08g (40.34%), Vitamin B6: 0.67mg (33.26%), Vitamin B2: 0.47mg (27.43%), Phosphorus: 260.86mg (26.09%), Potassium: 889.46mg (25.41%), Magnesium: 99.39mg (24.85%), Vitamin B3: 4.58mg (22.92%), Folate: 88.08µg (22.02%), Copper: 0.39mg (19.53%), Vitamin E: 2.49mg (16.59%), Selenium: 11.37µg (16.24%), Vitamin B1: 0.24mg (16.16%), Vitamin K: 15.97µg (15.21%), Zinc: 1.94mg (12.95%), Iron: 2.27mg (12.59%), Vitamin B5: 1.25mg (12.49%), Calcium: 120.56mg (12.06%), Vitamin B12: 0.13µg (2.12%)