



Bulgur Upma Or Tabouli



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



3

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bulgur dry
- ☐ 1 cup carrots diced
- ☐ 1 big chili green
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 1 cup beans chopped
- ☐ 0.3 teaspoon mustard seeds
- ☐ 2 teaspoons oil
- ☐ 1 onion finely chopped

- ☐ 0.3 cup peanuts (Optional)
- ☐ 1 cup peas
- ☐ 1 potatoes diced
- ☐ 3 servings salt as needed
- ☐ 1 teaspoon urad daal
- ☐ 1 cup water boiling

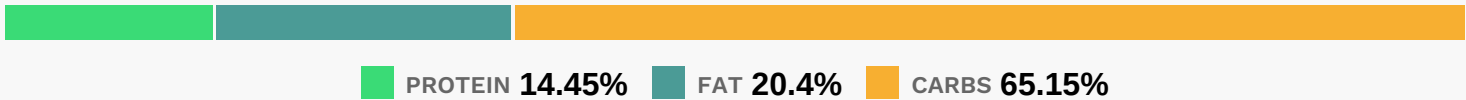
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl add the bulgur wheat, boiling water and little salt. Stir it thoroughly and leave it until all the water is absorbed. It may take about 45 minutes. Meanwhile in a big frying pan add the oil and heat it. Once it is hot enough add the mustard seeds. After it splutters add the peanuts (if using) and roast it. Then add the urad daal and channa daal and fry it until golden brown.
- ☐ Add the chopped onions and slit green chili.
- ☐ Add little salt, so that the onion would cook faster. Once the onions are cooked add the other vegetables, 1/2 cup (or more) water as required, salt and close the pan with a lid. Increase the heat and in about 10–15 minutes the vegetables would have cooked enough. To the cooked vegetables mixture add the prepared bulgur and combine it well.
- ☐ Garnish it with cilantro and it's ready to dig in.

Nutrition Facts



Properties

Glycemic Index:106.39, Glycemic Load:26.86, Inflammation Score:-10, Nutrition Score:31.247826161592%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 417.52kcal (20.88%), Fat: 9.99g (15.36%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 71.75g (23.92%), Net Carbohydrates: 53.84g (19.58%), Sugar: 7.59g (8.43%), Cholesterol: 0mg (0%), Sodium: 301.35mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.91g (31.83%), Vitamin A: 7594.13IU (151.88%), Manganese: 2.17mg (108.55%), Fiber: 17.91g (71.62%), Vitamin C: 57.36mg (69.53%), Folate: 179.74µg (44.94%), Magnesium: 163.83mg (40.96%), Phosphorus: 338.12mg (33.81%), Vitamin B3: 6.57mg (32.86%), Potassium: 1062.42mg (30.35%), Vitamin B6: 0.6mg (29.95%), Vitamin B1: 0.42mg (28.25%), Copper: 0.53mg (26.68%), Vitamin K: 26.05µg (24.81%), Iron: 4.13mg (22.96%), Zinc: 2.47mg (16.5%), Vitamin B2: 0.19mg (11.42%), Vitamin B5: 1.13mg (11.35%), Calcium: 112.86mg (11.29%), Vitamin E: 0.9mg (6%), Selenium: 3.79µg (5.42%)