



 **91%**
HEALTH SCORE

Bulgur, Veg Chickpea and Bean Greek Super Food Stew

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar (or red wine vinegar)
- 0.5 teaspoon basil
- 0.5 teaspoon basil
- 4 servings pepper black
- 175 g bulgur
- 300 g broad beans drained canned (1 small tin)
- 1 can garbanzo beans drained

- 0.5 teaspoon optional: dill
- 4 garlic clove minced
- 1 juice of lemon
- 1 leek sliced
- 1 lemon grass fresh
- 0.5 teaspoon mint leaves
- 100 g mushrooms sliced
- 100 g mushrooms sliced
- 1 tablespoon olive oil
- 2 onion sliced
- 100 ml red wine
- 1 teaspoon penzey's southwest seasoning italian
- 100 g pkt spinach fresh frozen (or some cubes)
- 400 ml veggie broth
- 1 tablespoon tomato paste
- 500 g tomatoes chopped (1 tin)

Equipment

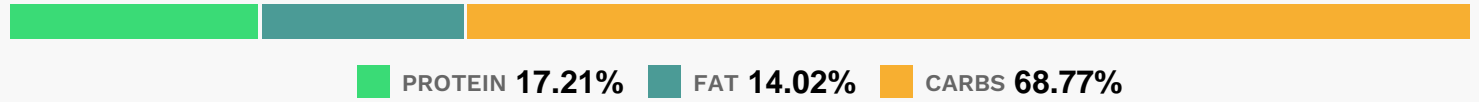
- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- Preheat oven to gas mark 4,.In a heavy based pan, heat half the oil and saut the onion and leeks with garlic for 5 minutes.
- Add the spinach until it wilts (if using frozen then add frozen ones and let them melt a bit).
- Add the tinned stuff the seasoning the bulgur wheat, wine vinegar and stock; mix well.Use remaining olive oil to lightly grease a casserole dish.

- Pour mixture into this dish. If using lemongrass, bruise lightly and put in mixture and cover with foil.
- Bake for 40 minutes. Take out and stir. If not using lemongrass, mix the juice of the lemon into the pilaf at this stage.
- Serve with vegan Parmesan sprinkled over the top and black pepper.

Nutrition Facts



Properties

Glycemic Index:164.33, Glycemic Load:21.35, Inflammation Score:-10, Nutrition Score:37.87782598708%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg, Malvidin: 3.51mg Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg, Peonidin: 0.32mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg, Epicatechin: 0.96mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg, Isorhamnetin: 2.77mg Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg, Quercetin: 13.67mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 452.51kcal (22.63%), Fat: 7.21g (11.09%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 79.59g (26.53%), Net Carbohydrates: 59.14g (21.51%), Sugar: 10.12g (11.24%), Cholesterol: 0mg (0%), Sodium: 1129.09mg (49.09%), Alcohol: 2.69g (100%), Protein: 19.92g (39.85%), Manganese: 3.29mg (164.3%), Vitamin K: 152.78µg (145.5%), Fiber: 20.45g (81.8%), Vitamin A: 4084.13IU (81.68%), Vitamin B6: 1.12mg (55.78%), Magnesium: 186.74mg (46.69%), Vitamin C: 38.2mg (46.3%), Folate: 171.56µg (42.89%), Phosphorus: 408.47mg (40.85%), Potassium: 1362.22mg (38.92%), Copper: 0.76mg (37.81%), Iron: 5.98mg (33.2%), Vitamin B3: 6.27mg (31.33%), Vitamin B2: 0.43mg (25.01%), Vitamin B1: 0.31mg (20.82%), Zinc: 2.98mg (19.87%), Vitamin B5: 1.91mg (19.14%), Calcium: 170.48mg (17.05%), Vitamin E: 2.35mg (15.64%), Selenium: 10.78µg (15.41%)