



HEALTH SCORE

100%

Bulgur wheat, date & clementine salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



868 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g bulgur wheat
- ☐ 1 tsp ground allspice
- ☐ 1 tsp ground cumin
- ☐ 6 stoned dates chopped
- ☐ 1 small handful parsley chopped
- ☐ 400 g chickpea drained canned
- ☐ 2 tbsp almond flaked toasted
- ☐ 100 g baby spinach

- ☐ 2 clementines sliced
- ☐ 1 juice of lemon
- ☐ 2 tbsp sherry vinegar
- ☐ 2 tbsp olive oil extra-virgin

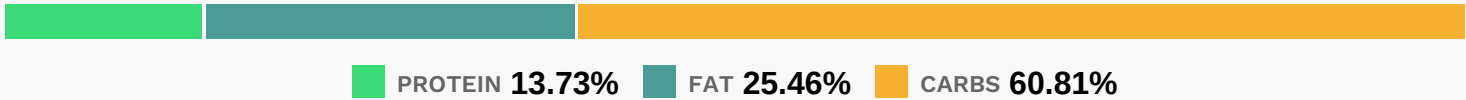
Equipment

- ☐ bowl

Directions

- ☐ Put the bulgur wheat and spices in a large bowl, season with salt and pour over 140ml boiling water. Cover with cling film and leave to sit for 10 mins. Fluff with a fork, then add the chopped dates, parsley, chickpeas and most of the almonds.
- ☐ Pour the dressing ingredients into a glass jar with a fitted lid and add some seasoning. Shake well and pour over the salad.
- ☐ Just before eating, mix the spinach through, top with the clementine slices and scatter with the remaining almonds.

Nutrition Facts



Properties

Glycemic Index:144.38, Glycemic Load:42.24, Inflammation Score:-10, Nutrition Score:49.721304312996%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg, Kaempferol: 3.26mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 867.66kcal (43.38%), Fat: 25.85g (39.76%), Saturated Fat: 3.1g (19.37%), Carbohydrates: 138.9g (46.3%), Net Carbohydrates: 105.18g (38.25%), Sugar: 31.06g (34.51%), Cholesterol: 0mg (0%), Sodium: 71.81mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.37g (62.74%), Vitamin K: 292.68µg (278.74%), Manganese: 5.02mg (250.79%), Fiber: 33.72g (134.88%), Folate: 492.53µg (123.13%), Vitamin A: 4938.21IU (98.76%), Magnesium: 301.17mg (75.29%), Vitamin C: 61.83mg (74.95%), Phosphorus: 656.78mg (65.68%), Copper: 1.2mg (60.12%), Iron: 10.56mg (58.66%), Potassium: 1550.32mg (44.29%), Vitamin E: 6.56mg (43.75%), Vitamin B6: 0.73mg (36.69%), Vitamin B1: 0.54mg (36.07%), Zinc: 5.18mg (34.56%), Vitamin B3: 6.21mg (31.03%), Vitamin B2: 0.46mg (27.01%), Calcium: 249.57mg (24.96%), Vitamin B5: 1.65mg (16.46%), Selenium: 10.72µg (15.31%)