



Bulgur wheat with carrots & hazelnuts



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



475 kcal

Ingredients

- ☐ 600 g bulgur
- ☐ 140 g golden raisins
- ☐ 1 l chicken stock see hot
- ☐ 4 medium carrots grated
- ☐ 100 g pumpkin seeds
- ☐ 100 g hazelnuts toasted chopped
- ☐ 1 juice of lemon
- ☐ 5 tbsp canola oil

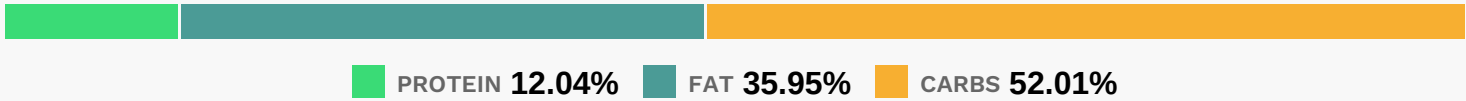
Equipment

☐ bowl

Directions

- ☐ Put the bulgur and sultanas in a bowl and pour over the hot stock. Cover with cling film and leave for 20–30 mins for the liquid to be absorbed. Once absorbed, run a fork through the grains to separate. Leave to cool.
- ☐ Add the carrots, pumpkin seeds, hazelnuts, lemon juice and rapeseed oil, and season.
- ☐ Mix well and transfer to a large serving bowl.

Nutrition Facts



Properties

Glycemic Index:17.55, Glycemic Load:23.15, Inflammation Score:-10, Nutrition Score:24.33521716491%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 475.24kcal (23.76%), Fat: 20.13g (30.97%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 65.52g (21.84%), Net Carbohydrates: 51.72g (18.81%), Sugar: 11.94g (13.27%), Cholesterol: 3.04mg (1.01%), Sodium: 174.51mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.33%), Manganese: 2.98mg (148.95%), Vitamin A: 4088.49IU (81.77%), Fiber: 13.8g (55.21%), Magnesium: 185.97mg (46.49%), Phosphorus: 384.57mg (38.46%), Copper: 0.62mg (31.22%), Vitamin B3: 5.75mg (28.76%), Vitamin E: 3.19mg (21.28%), Vitamin B6: 0.42mg (20.9%), Potassium: 687.02mg (19.63%), Vitamin B1: 0.28mg (18.95%), Iron: 3.37mg (18.71%), Zinc: 2.43mg (16.21%), Vitamin B2: 0.22mg (13.13%), Vitamin K: 12.19µg (11.61%), Folate: 44.03µg (11.01%), Vitamin B5: 0.88mg (8.84%), Selenium: 4.92µg (7.02%), Calcium: 55.7mg (5.57%), Vitamin C: 4.07mg (4.94%)