



Bulgur Wheat with Leeks

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



224 kcal

SIDE DISH

Ingredients

- 1 tablespoon roasted almonds unsalted chopped
- 0.3 cup bulgur wheat
- 0.5 cup leeks light white green thinly sliced (and parts)
- 0.5 cup chicken broth low-sodium

Equipment

- sauce pan

Directions

- Bring the broth to a boil in a small saucepan. Stir in the bulgur and leeks.
- Remove from heat and let stand, covered, 10 minutes. Stir in the almonds.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:11.33, Inflammation Score:-7, Nutrition Score:14.983913038088%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg 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: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 223.63kcal (11.18%), Fat: 6.3g (9.69%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 27.99g (10.18%), Sugar: 2.47g (2.74%), Cholesterol: 0mg (0%), Sodium: 50.35mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.45g (18.9%), Manganese: 1.51mg (75.47%), Fiber: 8.46g (33.82%), Magnesium: 98.04mg (24.51%), Vitamin K: 21.58µg (20.55%), Phosphorus: 204.07mg (20.41%), Vitamin E: 2.99mg (19.94%), Vitamin B3: 3.95mg (19.73%), Copper: 0.33mg (16.69%), Vitamin A: 745.07IU (14.9%), Iron: 2.41mg (13.41%), Vitamin B6: 0.25mg (12.44%), Vitamin B2: 0.2mg (11.94%), Potassium: 398.38mg (11.38%), Folate: 42.33µg (10.58%), Vitamin B1: 0.13mg (8.56%), Zinc: 1.16mg (7.73%), Calcium: 70.13mg (7.01%), Vitamin C: 5.34mg (6.47%), Vitamin B5: 0.47mg (4.75%), Selenium: 1.66µg (2.37%), Vitamin B12: 0.12µg (1.97%)