



Bulgur with Apricots and Almonds

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 1 oz almonds sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups bulgur
- ☐ 2 oz apricot dried chopped
- ☐ 3 tablespoons parsley fresh coarsely chopped
- ☐ 1.5 tablespoons olive oil
- ☐ 0.8 cup onion finely chopped
- ☐ 0.8 teaspoon salt

- ☐ 0.5 tablespoon butter unsalted cut into pieces
- ☐ 1.3 cups water

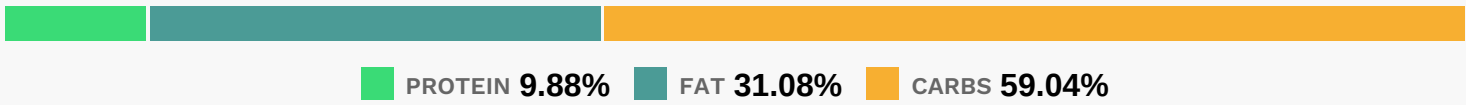
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Toast almonds in a dry small heavy skillet over moderate heat, stirring, until fragrant and pale golden, about 2 minutes.
- ☐ Cook onion in oil in a 3-quart heavy saucepan over moderate heat, stirring frequently, until softened and beginning to brown, about 8 minutes.
- ☐ Add bulgur and cook, stirring, 2 minutes.
- ☐ Stir in water, salt, and pepper and simmer, covered, 5 minutes.
- ☐ Remove from heat, then add apricots and butter and stir until butter is melted.
- ☐ Let stand, covered, 5 minutes. Stir in parsley and almonds.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:15.18, Inflammation Score:-8, Nutrition Score:16.313913053954%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epigallocatechin: 0.18mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg, Isorhamnetin: 1.69mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg, Quercetin: 6.12mg

Nutrients (% of daily need)

Calories: 297.17kcal (14.86%), Fat: 10.92g (16.8%), Saturated Fat: 2.02g (12.59%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 36.1g (13.13%), Sugar: 9.36g (10.4%), Cholesterol: 3.76mg (1.25%), Sodium: 452.1mg (19.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.61%), Manganese: 1.59mg (79.47%), Vitamin K: 54.08µg (51.5%), Fiber: 10.57g (42.27%), Magnesium: 100.97mg (25.24%), Vitamin E: 3.28mg (21.87%), Phosphorus: 186.46mg (18.65%), Vitamin A: 812.6IU (16.25%), Copper: 0.3mg (14.96%), Vitamin B3: 2.94mg (14.69%), Potassium: 458.4mg (13.1%), Iron: 2.01mg (11.17%), Vitamin B6: 0.22mg (10.94%), Vitamin B2: 0.15mg (9.03%), Vitamin B1: 0.13mg (8.98%), Zinc: 1.22mg (8.11%), Vitamin C: 6.35mg (7.7%), Folate: 26.68µg (6.67%), Vitamin B5: 0.62mg (6.16%), Calcium: 56.88mg (5.69%), Selenium: 1.79µg (2.55%)