



Bulgur with Dried Cranberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 cup coarse-ground bulgur
- ☐ 1 cup cranberries dried
- ☐ 2 cups cucumber english cubed peeled
- ☐ 1 cup flat-leaf parsley fresh finely chopped
- ☐ 0.3 cup green onion thinly sliced
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup olive oil extra-virgin

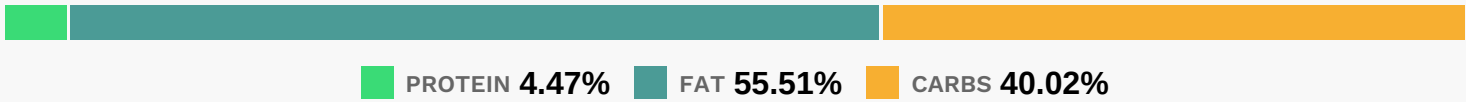
Equipment

- ☐ bowl

Directions

- ☐ Place bulgur in a large bowl; cover with 2 cups boiling water. Cover; let stand 30 minutes or until liquid is absorbed. Fluff with a fork.
- ☐ Add cucumber and remaining ingredients; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:10.270434763121%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 155.97kcal (7.8%), Fat: 10.34g (15.91%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 14.05g (5.11%), Sugar: 12.3g (13.67%), Cholesterol: 0mg (0%), Sodium: 566.87mg (24.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.75%), Vitamin K: 143.23µg (136.41%), Vitamin C: 15.9mg (19.27%), Selenium: 10.81µg (15.44%), Vitamin A: 724.5IU (14.49%), Vitamin E: 1.83mg (12.19%), Manganese: 0.23mg (11.74%), Fiber: 2.73g (10.93%), Iron: 1.23mg (6.86%), Magnesium: 24.48mg (6.12%), Vitamin B1: 0.08mg (5.29%), Folate: 20.16µg (5.04%), Phosphorus: 48.1mg (4.81%), Potassium: 158.88mg (4.54%), Calcium: 40.48mg (4.05%), Copper: 0.06mg (3.12%), Vitamin B2: 0.05mg (2.71%), Vitamin B6: 0.05mg (2.63%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.24mg (2.43%), Vitamin B3: 0.42mg (2.08%)