



HEALTH SCORE

57%

Bulgur with Herbs



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients



0.3 cup almonds sliced



1 cup bulgur



0.5 cup cilantro leaves chopped



1 teaspoon juice of lemon fresh to taste



0.5 cup mint leaves chopped



1 tablespoon roasted almond oil store-bought



1 cup spring onion chopped (from 1 bunch)



2 cups water

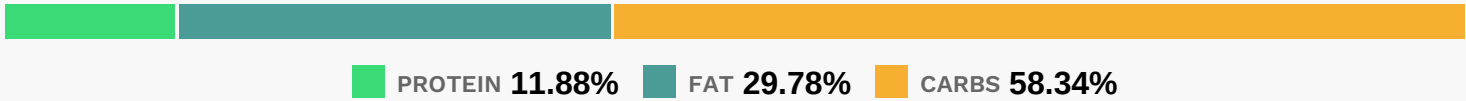
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Put bulgur in a bowl, then pour hot water (2 cups) over it and cover bowl with plastic wrap.
- ☐ Let stand until tender, about 10 minutes.
- ☐ Meanwhile, heat olive oil in a small heavy skillet over medium heat until hot, then cook almonds, stirring, until golden, about 1 minute.
- ☐ Drain bulgur in a medium-mesh sieve, then return to bowl and stir in scallions, herbs, store-bought roasted-almond oil (or additional olive oil), 1 teaspoon lemon juice, 1/2 teaspoon salt, 1/4 teaspoon pepper, and almonds (with oil). Season with salt and more lemon juice if desired.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:9.91, Inflammation Score:-7, Nutrition Score:14.188261052837%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.81mg, Eriodictyol: 1.81mg, Eriodictyol: 1.81mg, Eriodictyol: 1.81mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 196.6kcal (9.83%), Fat: 6.95g (10.69%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 22.35g (8.13%), Sugar: 1.02g (1.14%), Cholesterol: 0mg (0%), Sodium: 18.6mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.47%), Manganese: 1.31mg (65.65%), Vitamin K: 58.86µg (56.06%), Fiber: 8.28g (33.13%), Magnesium: 84.2mg (21.05%), Vitamin E: 3.05mg (20.36%), Phosphorus: 147.07mg (14.71%), Vitamin A: 626.44IU (12.53%), Copper: 0.24mg (11.97%), Vitamin B3: 2.25mg (11.24%), Iron: 1.77mg (9.81%), Vitamin C: 7.51mg (9.11%), Folate: 35.88µg (8.97%), Potassium: 298.36mg (8.52%), Vitamin B2: 0.14mg (8.48%), Vitamin B6: 0.15mg (7.68%), Vitamin B1: 0.11mg (7.53%), Zinc: 1.04mg (6.92%), Calcium: 64.35mg (6.44%), Vitamin B5: 0.44mg (4.44%), Selenium: 1.21µg (1.73%)