



Bulgur with Peaches and Mint



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



2 teaspoons brown sugar



1 cup bulgur uncooked



2 tablespoons champagne vinegar



0.3 cup mint leaves fresh



2.5 ounces hazelnuts toasted chopped



2 tablespoons olive oil extra virgin extra-virgin



1 cup peaches diced

- ☐ 0.3 teaspoon salt
- ☐ 2 cups water

Equipment

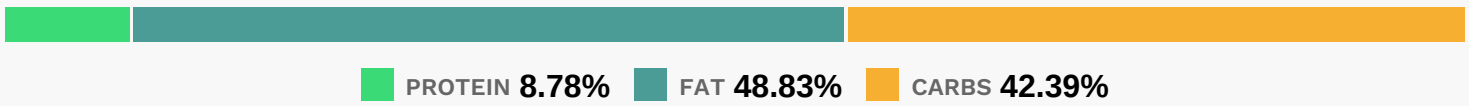
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Bring 2 cups water and bulgur to a boil in a small saucepan. Cover, reduce heat, and cook 12 minutes.
- ☐ Drain; rinse with cold water.
- ☐ Drain.
- ☐ Combine vinegar and next 4 ingredients (through pepper) in a large bowl, stirring with a whisk until sugar dissolves.
- ☐ Add bulgur, peaches, nuts, and mint; toss.
- ☐ Grits-Style with Corn-Basil Relish: Bring 2 1/4 cups water and 1 cup uncooked bulgur to a boil in a small saucepan. Cover, reduce heat, and cook 8 minutes. Stir in 2 ounces shredded extra-sharp cheddar cheese and 1/4 teaspoon salt.
- ☐ Combine 1 cup fresh corn kernels, 1/4 cup finely chopped fresh basil, 1 tablespoon minced shallots, 1 tablespoon white wine vinegar, and 1/8 teaspoon salt in a small bowl. Top bulgur mixture with corn mixture.
- ☐ Serves 4 (serving size: 2/3 cup bulgur and 1/4 cup corn relish) CALORIES 209; FAT 5g (sat 2g); SODIUM 324mg
- ☐ Tabbouleh-Style: Bring 1 1/2 cups water and 3/4 cup uncooked bulgur to a boil in a small saucepan. Cover, reduce heat, and cook 12 minutes.
- ☐ Drain; rinse with cold water.
- ☐ Drain.

- ☐ Combine bulgur, 3/4 cup chopped fresh flat-leaf parsley, 3/4 cup chopped tomato, 3/4 cup chopped seeded peeled cucumber, 2 tablespoons fresh lemon juice, 1 tablespoon olive oil, 1 teaspoon ground cumin, 1/2 teaspoon salt, and 2 thinly sliced green onions in a large bowl; stir to combine.
- ☐ Serves 6 (serving size: 2/3 cup) CALORIES 92; FAT 7g (sat 4g); SODIUM 207mg
- ☐ Heat a saucepan over medium-high heat.
- ☐ Add 1 tablespoon olive oil, 3/4 cup chopped onion, and 1/3 cup chopped celery; saut 3 minutes.
- ☐ Add 2 cups water and 1 cup bulgur; bring to a boil. Cover, reduce heat, and simmer 11 minutes.
- ☐ Heat a grill pan over medium-high heat; coat with cooking spray. Quarter 1 zucchini. Grill zucchini 5 minutes; dice.
- ☐ Combine bulgur, zucchini, 1/4 cup parsley, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Serve with lemon wedges.
- ☐ Serves 6 (serving size: 2/3 cup) CALORIES 116; FAT 8g (sat 4g); SODIUM 210mg

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:7.34, Inflammation Score:-4, Nutrition Score:10.164782679599%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 213.55kcal (10.68%), Fat: 12.25g (18.84%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 17.95g (6.53%), Sugar: 4.06g (4.51%), Cholesterol: 0mg (0%), Sodium: 109.61mg (4.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Manganese: 1.49mg (74.62%), Fiber: 5.97g (23.89%), Vitamin E: 2.65mg (17.64%), Copper: 0.32mg (16.12%), Magnesium: 62.33mg (15.58%), Phosphorus: 111.86mg (11.19%), Vitamin B1: 0.14mg (9.19%), Vitamin B3: 1.65mg (8.24%), Vitamin B6: 0.16mg (7.8%), Iron: 1.38mg (7.66%), Potassium: 222.87mg (6.37%), Folate: 23.35µg (5.84%), Vitamin K: 5.84µg (5.56%), Zinc: 0.83mg (5.54%), Vitamin B5: 0.4mg (4.01%), Vitamin A: 168.24IU (3.36%), Calcium: 31.46mg (3.15%), Vitamin B2: 0.05mg (3.13%), Vitamin C: 2.42mg (2.93%), Selenium: 1.38µg (1.97%)