



Bulgur with Steak and Chickpeas



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup garbanzo beans canned
- ☐ 0.8 cup bulgur wheat cooked
- ☐ 0.3 teaspoon cumin
- ☐ 2 ounces flank steak
- ☐ 0.3 teaspoon honey
- ☐ 1 Dash kosher salt
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon olive oil

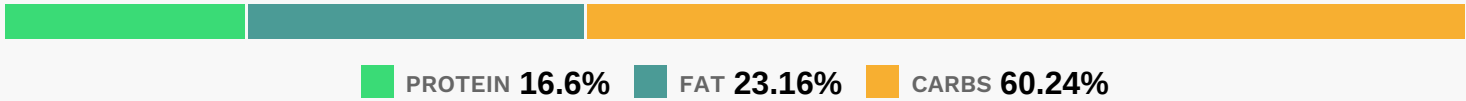
- ☐ 2 tablespoons parsley
- ☐ 0.3 cup bell pepper red minced
- ☐ 2 tablespoons onion red thinly sliced

Equipment

Directions

- ☐ Combine olive oil, lemon juice, honey, cumin, and kosher salt.
- ☐ Combine bulgur, chickpeas, red bell pepper, and red onion.
- ☐ Add dressing; toss.
- ☐ Sprinkle with parsley. Top with steak.

Nutrition Facts



Properties

Glycemic Index:235.61, Glycemic Load:40.16, Inflammation Score:-10, Nutrition Score:40.360000195711%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 733.21kcal (36.66%), Fat: 19.77g (30.41%), Saturated Fat: 3.56g (22.24%), Carbohydrates: 115.72g (38.57%), Net Carbohydrates: 87.48g (31.81%), Sugar: 4.61g (5.13%), Cholesterol: 34.02mg (11.34%), Sodium: 214mg (9.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.76%), Manganese: 4.6mg (230.06%), Vitamin K: 144.83µg (137.94%), Fiber: 28.24g (112.96%), Vitamin C: 61.82mg (74.94%), Magnesium: 260.04mg (65.01%), Phosphorus: 579.92mg (57.99%), Vitamin B6: 1.15mg (57.41%), Vitamin B3: 11.09mg (55.43%), Vitamin A: 1865.7IU (37.31%), Zinc: 5.33mg (35.55%), Iron: 5.86mg (32.53%), Selenium: 20.88µg (29.82%), Copper: 0.59mg (29.66%), Potassium: 979.3mg (27.98%), Vitamin B1: 0.41mg (27.41%), Folate: 88.66µg (22.16%), Vitamin B5: 2.09mg

(20.89%), Vitamin E: 2.94mg (19.59%), Vitamin B2: 0.28mg (16.25%), Calcium: 97.5mg (9.75%), Vitamin B12: 0.52µg (8.6%)