



Bulgur With Zucchini And Peas



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgur uncooked
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 3 tablespoons juice of lime
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 3 tablespoons orange juice
- ☐ 0.8 cup peas frozen english thawed
- ☐ 0.1 teaspoon pepper
- ☐ 0.8 teaspoon salt divided

- ☐ 1 cup water boiling
- ☐ 1.5 cups zucchini diced (1)

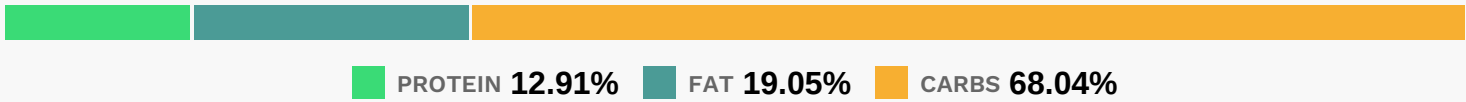
Equipment

- ☐ bowl

Directions

- ☐ Combine bulgur, water, and 1/2 teaspoon salt in large bowl; let stand 20 minutes or until water is absorbed.
- ☐ Add zucchini, 1/4 teaspoon salt, peas, and remaining ingredients to bulgur; stir well.

Nutrition Facts



Properties

Glycemic Index:55.58, Glycemic Load:11.35, Inflammation Score:-6, Nutrition Score:13.062173822652%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 189.5kcal (9.48%), Fat: 4.26g (6.56%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 25.73g (9.36%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 450.91mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (13%), Manganese: 1.28mg (63.89%), Vitamin C: 29.22mg (35.42%), Fiber: 8.53g (34.14%), Magnesium: 78.01mg (19.5%), Phosphorus: 156.35mg (15.64%), Vitamin K: 14.8µg (14.09%), Vitamin B3: 2.65mg (13.23%), Vitamin B1: 0.19mg (12.63%), Vitamin B6: 0.25mg (12.62%), Folate: 43.86µg (10.97%), Potassium: 376.03mg (10.74%), Copper: 0.21mg (10.56%), Iron: 1.52mg (8.42%), Vitamin A: 403.08IU (8.06%), Zinc: 1.19mg (7.93%), Vitamin B2: 0.13mg (7.48%), Vitamin B5: 0.53mg (5.34%), Vitamin E: 0.67mg (4.48%), Calcium: 32.49mg (3.25%), Selenium: 1.42µg (2.04%)