



Butternut, Bacon and Blue

 Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

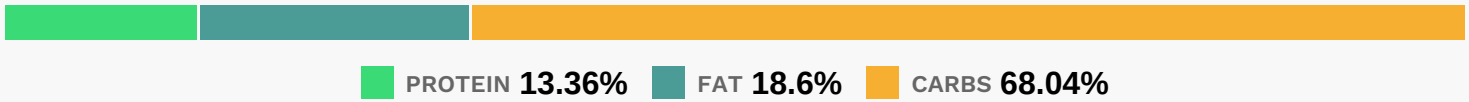
- ☐ 1 serving pepper black freshly ground
- ☐ 1 tablespoon cheese blue crumbled
- ☐ 1 cup bulgur wheat cooked
- ☐ 1 serving kosher salt
- ☐ 1 cup butternut squash cubed
- ☐ 1 cup pkt spinach fresh
- ☐ 1 slice bacon crumbled cooked

Equipment

Directions

- ☐ Heat and fluff 1 cup cooked bulgur with 1 teaspoon olive oil. Stir in 1 cup roasted, cubed butternut squash, 1 cup fresh spinach, 1 slice center cut bacon, cooked and crumbled, and 1 tablespoon crumbled blue cheese.
- ☐ Sprinkle with a dash of kosher salt and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:138, Glycemic Load:49.44, Inflammation Score:-10, Nutrition Score:46.29652170513%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 867.42kcal (43.37%), Fat: 18.98g (29.2%), Saturated Fat: 6.57g (41.05%), Carbohydrates: 156.23g (52.08%), Net Carbohydrates: 119.44g (43.43%), Sugar: 3.99g (4.43%), Cholesterol: 29.01mg (9.67%), Sodium: 572.87mg (24.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.35%), Vitamin A: 17778.76IU (355.58%), Manganese: 6.12mg (305.86%), Fiber: 36.79g (147.17%), Vitamin K: 150.23µg (143.08%), Magnesium: 375.89mg (93.97%), Phosphorus: 685.99mg (68.6%), Vitamin B3: 12.73mg (63.63%), Vitamin B6: 1mg (50.21%), Vitamin C: 37.83mg (45.85%), Vitamin B1: 0.69mg (45.81%), Potassium: 1496.97mg (42.77%), Copper: 0.77mg (38.45%), Folate: 147.68µg (36.92%), Iron: 6.45mg (35.84%), Zinc: 4.49mg (29.96%), Vitamin B5: 2.8mg (28.04%), Vitamin B2: 0.35mg (20.59%), Calcium: 199.92mg (19.99%), Vitamin E: 2.91mg (19.38%), Selenium: 13.44µg (19.2%), Vitamin B12: 0.27µg (4.42%), Vitamin D: 0.18µg (1.19%)