



Chicken Bulgur Salad

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 oz artichoke hearts drained coarsely chopped canned
- 0.5 cup bulgur uncooked
- 0.5 lb chicken breast strips/pre-cooked/chopped cubed cooked
- 1 cup parsley fresh finely chopped
- 1 cup grape tomatoes cut in half
- 2 tablespoons juice of lemon fresh
- 0.3 cup salad dressing light italian with basil and romano cheese
- 1 cup water

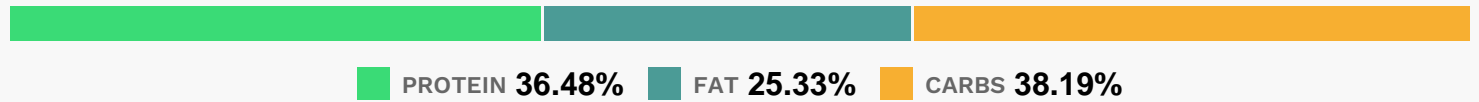
Equipment

- bowl
- sauce pan

Directions

- In 2-quart saucepan, heat water to boiling; stir in bulgur. Return to boiling; reduce heat. Cover; simmer 8 minutes or until liquid is absorbed. Rinse with cold water; drain well.
- In large bowl, stir together remaining ingredients.
- Add bulgur; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:5.26, Inflammation Score:-9, Nutrition Score:18.716086817824%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg, Myricetin: 2.28mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 237.06kcal (11.85%), Fat: 6.6g (10.15%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 16.69g (6.07%), Sugar: 4.25g (4.72%), Cholesterol: 48.19mg (16.06%), Sodium: 619.05mg (26.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.38g (42.77%), Vitamin K: 260.41µg (248.01%), Vitamin B3: 9.12mg (45.6%), Vitamin C: 28.03mg (33.98%), Vitamin A: 1594.87IU (31.9%), Manganese: 0.62mg (30.82%), Selenium: 16.47µg (23.52%), Vitamin B6: 0.46mg (22.97%), Fiber: 5.7g (22.78%), Phosphorus: 202.95mg (20.3%), Magnesium: 58.76mg (14.69%), Potassium: 412.46mg (11.78%), Iron: 2.11mg (11.71%), Folate: 36.88µg (9.22%), Vitamin B5: 0.83mg (8.33%), Zinc: 1.15mg (7.68%), Vitamin B1: 0.11mg (7.51%), Copper: 0.15mg (7.26%), Vitamin B2: 0.11mg (6.33%), Vitamin E: 0.92mg (6.12%), Calcium: 43.83mg (4.38%), Vitamin B12: 0.19µg (3.21%)