



Chicken Bulgur Salad



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped quartered canned
- ☐ 0.5 pound chicken breast cubed cooked
- ☐ 1 cup parsley fresh finely chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup quick-cooking bulgur uncooked
- ☐ 0.3 cup northern salad dressing light italian with basil and romano (such as ken's steak house lite)
- ☐ 1 cup water

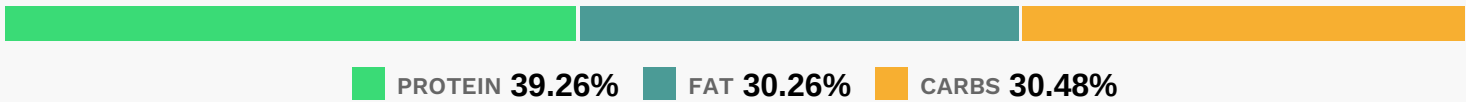
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 1 cup water to a boil in a medium saucepan; stir in bulgur. Return to a boil; reduce heat, cover, and simmer 8 minutes or until liquid is absorbed.
- ☐ Drain bulgur, and rinse with cold water; drain well.
- ☐ Combine chicken and remaining ingredients in a large bowl, tossing to coat.
- ☐ Add bulgur; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:17.858260999555%

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: 214.81kcal (10.74%), Fat: 7.06g (10.87%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 12.57g (4.57%), Sugar: 4.32g (4.8%), Cholesterol: 48.19mg (16.06%), Sodium: 616.38mg (26.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.62g (41.24%), Vitamin K: 260.4µg (248%), Vitamin B3: 8.31mg (41.54%), Vitamin C: 28.03mg (33.98%), Vitamin A: 1593.3IU (31.87%), Selenium: 19.51µg (27.87%), Manganese: 0.52mg (25.94%), Vitamin B6: 0.41mg (20.48%), Phosphorus: 196.87mg (19.69%), Magnesium: 57.43mg (14.36%), Fiber: 3.45g (13.78%), Iron: 2.15mg (11.93%), Potassium: 376.99mg (10.77%), Folate: 35.4µg (8.85%), Vitamin B1: 0.13mg (8.45%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.72mg (7.22%), Vitamin E: 0.98mg (6.52%), Copper: 0.12mg (6.2%), Vitamin B2: 0.1mg (5.86%), Calcium: 42.46mg (4.25%), Vitamin B12: 0.19µg (3.21%)