



Chicken-Bulgur Salad with Spring Vegetables

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.3 cups asparagus diagonally sliced (1-inch)
- 0.3 teaspoon pepper black
- 6 ounces chicken breast shredded cooked
- 0.8 cup cracked wheat uncooked
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 cup parsley fresh finely chopped
- 2 tablespoons jalapeño peppers seeded finely chopped

- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil
- 0.5 cup onion diced red
- 6 cups gourmet salad greens
- 0.3 teaspoon salt
- 1 cup snow peas diagonally sliced
- 1 cup water boiling

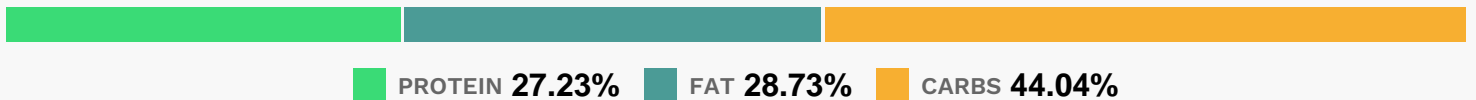
Equipment

- bowl
- frying pan

Directions

- Combine bulgur and water in a large bowl. Cover and let stand 30 minutes.
- Heat oil in a nonstick skillet over medium-high heat.
- Add asparagus, peas, and onion; saut 4 minutes.
- Add asparagus mixture, chicken, cilantro, and parsley to bulgur mixture.
- Combine broth and next 4 ingredients (broth through pepper).
- Pour over bulgur mixture; toss to coat. Arrange greens on each of 4 plates; top with bulgur mixture.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:18.624347748964%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.15mg

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg, Isorhamnetin: 3.39mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg

Nutrients (% of daily need)

Calories: 233.89kcal (11.69%), Fat: 7.87g (12.1%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 21.69g (7.89%), Sugar: 3.13g (3.48%), Cholesterol: 31.89mg (10.63%), Sodium: 317.49mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.55%), Vitamin K: 91.97µg (87.59%), Vitamin C: 48.85mg (59.21%), Vitamin A: 1750.99IU (35.02%), Phosphorus: 241.91mg (24.19%), Vitamin B3: 4.59mg (22.94%), Fiber: 5.44g (21.78%), Iron: 3.6mg (20%), Vitamin B6: 0.37mg (18.36%), Selenium: 12.62µg (18.02%), Folate: 69.59µg (17.4%), Potassium: 529.48mg (15.13%), Manganese: 0.29mg (14.27%), Vitamin B2: 0.19mg (11.44%), Vitamin B1: 0.16mg (10.74%), Copper: 0.19mg (9.52%), Vitamin E: 1.42mg (9.44%), Vitamin B5: 0.9mg (8.98%), Magnesium: 34.23mg (8.56%), Zinc: 1.17mg (7.82%), Calcium: 49.47mg (4.95%), Vitamin B12: 0.18µg (3%)