



Chickpea, Bulgur, and Tomato Pilaf



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1 cup cracked wheat uncooked
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1 cup green onions diagonally sliced
- ☐ 0.1 teaspoon hot sauce
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 1 Dash pepper
- ☐ 3 6-inch pita bread rounds cut into 4 wedges ()
- ☐ 1 cup plum tomatoes diced
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water boiling

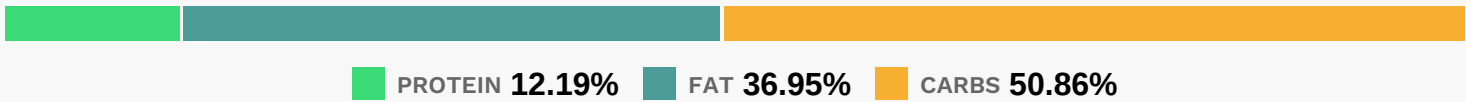
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Combine bulgur and water in a large bowl. Cover and let stand 30 minutes.
- ☐ Add the tomato and next 9 ingredients (tomato through chickpeas); stir well. Cover and chill.
- ☐ Serve with pita bread.
- ☐ Note: Store remaining pita bread in a zip-top plastic bag.

Nutrition Facts



Properties

Glycemic Index:54.27, Glycemic Load:4.28, Inflammation Score:-8, Nutrition Score:15.950869508412%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 265.35kcal (13.27%), Fat: 11.63g (17.89%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 27.5g (10%), Sugar: 2.1g (2.33%), Cholesterol: 0mg (0%), Sodium: 486.46mg (21.15%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.26%), Vitamin K: 148.63µg (141.55%), Manganese: 0.8mg (39.94%), Fiber: 8.52g (34.09%), Vitamin C: 23.88mg (28.94%), Vitamin B6: 0.46mg (23.24%), Vitamin A: 1113.06IU (22.26%), Phosphorus: 185.1mg (18.51%), Iron: 2.89mg (16.05%), Folate: 52.95µg (13.24%), Potassium: 447.19mg (12.78%), Vitamin E: 1.64mg (10.93%), Copper: 0.2mg (9.76%), Magnesium: 36.66mg (9.17%), Calcium: 60.97mg (6.1%), Zinc: 0.83mg (5.52%), Vitamin B1: 0.07mg (4.39%), Vitamin B5: 0.36mg (3.56%), Vitamin B3: 0.6mg (3.01%), Vitamin B2: 0.05mg (2.74%), Selenium: 1.85µg (2.64%)