



Cracked Wheat Fruit Salad

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups apple cider
- 2 small apples cut into 1-inch chunks
- 1.5 cups bulghur wheat
- 8 ounce dates pitted sliced
- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 2 teaspoons orange rind grated
- 2 oranges

- 0.5 cup pecans chopped
- 2 tablespoons vegetable oil

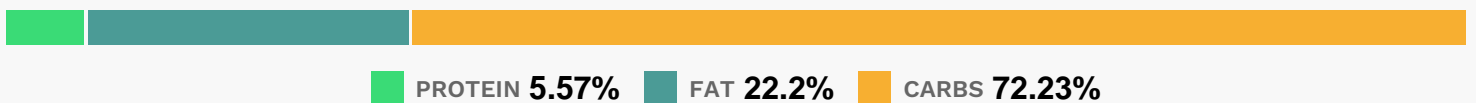
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve

Directions

- Bring cider to a boil in a medium saucepan; stir in bulghur wheat. Cover, remove from heat, and let stand 2 hours.
- Pour mixture through a wire-mesh strainer, pressing with back of spoon; discard cider.
- Transfer bulghur wheat to a bowl. Stir in apple chunks, orange sections, and dates.
- Whisk oil and next 3 ingredients until blended; pour over salad, and toss gently. Chill.
- Bake pecans in a shallow pan at 350, stirring occasionally, 5 to 10 minutes or until toasted; cool. Stir into salad, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:20.75, Inflammation Score:-4, Nutrition Score:9.5665216756904%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.62mg, Epicatechin: 5.62mg, Epicatechin: 5.62mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate:

0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg, Hesperetin: 7.57mg Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg, Naringenin: 4.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 271.67kcal (13.58%), Fat: 7.19g (11.07%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 44.95g (16.34%), Sugar: 30.57g (33.96%), Cholesterol: 0mg (0%), Sodium: 7.36mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Manganese: 1.02mg (50.89%), Fiber: 7.73g (30.9%), Vitamin C: 17.82mg (21.6%), Magnesium: 58.79mg (14.7%), Potassium: 414.16mg (11.83%), Copper: 0.21mg (10.66%), Phosphorus: 104.55mg (10.46%), Vitamin B1: 0.14mg (9.36%), Vitamin B6: 0.16mg (8.22%), Vitamin B3: 1.59mg (7.95%), Vitamin K: 6.86µg (6.53%), Iron: 1.06mg (5.87%), Vitamin B5: 0.53mg (5.27%), Folate: 20.74µg (5.18%), Zinc: 0.77mg (5.16%), Vitamin B2: 0.08mg (4.64%), Calcium: 39.02mg (3.9%), Vitamin E: 0.44mg (2.91%), Selenium: 1.61µg (2.3%), Vitamin A: 84.82IU (1.7%)