



Cracked Wheat Salad with Nectarines, Parsley, and Pistachios



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur uncooked
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1.5 cups nectarines thinly sliced (3)
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 3 tablespoons pistachios chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 cup water boiling
- ☐ 3 tablespoons balsamic vinegar white

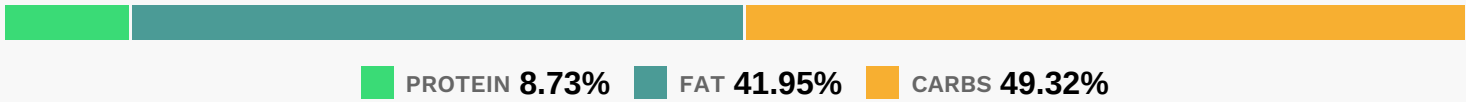
Equipment

- ☐ bowl

Directions

- ☐ Combine bulgur and 1 cup boiling water in a large bowl. Cover and let stand 1 hour. Stir in nectarines and remaining ingredients except nuts; toss well.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:44.83, Glycemic Load:8.45, Inflammation Score:-5, Nutrition Score:10.333913087845%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 187.54kcal (9.38%), Fat: 9.15g (14.08%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 18.69g (6.8%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 306.08mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.57%), Vitamin K: 63.76µg (60.72%), Manganese: 0.82mg (40.78%), Fiber: 5.51g (22.06%), Magnesium: 50.48mg (12.62%), Phosphorus: 103.9mg (10.39%), Vitamin E: 1.39mg

(9.28%), Copper: 0.18mg (8.83%), Vitamin A: 435.64IU (8.71%), Vitamin B3: 1.72mg (8.6%), Vitamin B6: 0.16mg (8.01%), Vitamin C: 6.2mg (7.51%), Vitamin B1: 0.11mg (7.05%), Iron: 1.22mg (6.77%), Potassium: 228.48mg (6.53%), Folate: 19.6µg (4.9%), Zinc: 0.68mg (4.53%), Vitamin B5: 0.35mg (3.47%), Vitamin B2: 0.05mg (3.06%), Calcium: 26.37mg (2.64%), Selenium: 0.86µg (1.22%)