



Eggplant, Lentil, and Bulgur Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



517 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bulgur
- 1 cucumber diced peeled halved lengthwise seeded
- 1 eggplant peeled sliced quartered thin
- 1 cup parsley fresh chopped
- 1 cup lentils
- 5 tablespoons olive oil
- 1 onion chopped
- 2 teaspoons salt

- 4 scallions white sliced
- 0.5 teaspoon all the tabasco sauce you handle
- 1 tomatoes diced
- 3 tablespoons tomato paste
- 5 cups water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- In a medium saucepan, combine the lentils, 3 1/2 cups of the water, and 1 teaspoon of the salt. Bring to a boil, reduce the heat, and simmer, partially covered, for 10 minutes. Stir in the bulgur and continue cooking, partially covered, stirring occasionally, until the lentils and bulgur are just done, about 15 minutes.
- Remove from the heat and let sit, partially covered, for 5 minutes.
- Meanwhile, in a large nonstick frying pan, heat 3 tablespoons of the oil over moderate heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the remaining 2 tablespoons of oil and the eggplant and cook, stirring, for 2 minutes. Stir in the tomato paste and the remaining 1 1/2 cups of water and 1 teaspoon of salt. Bring to a simmer and cook, stirring occasionally, until the eggplant is very tender and no liquid remains in the pan, about 20 minutes.
- Remove the pan from the heat and stir the lentil mixture, Tabasco, scallions, and half the parsley into the eggplant.
- In a small bowl, combine the remaining parsley with the cucumber and tomato.
- Serve the lentils over the cucumber salad.
- Wine Recommendation: A rich, jammy red wine, thick with fruit and lush on the palate, is just what is called for here. Turn to Australia for a shiraz or cabernet-sauvignon and shiraz blend.

Nutrition Facts



■ PROTEIN 14.87% ■ FAT 31.91% ■ CARBS 53.22%

Properties

Glycemic Index:72.65, Glycemic Load:16.13, Inflammation Score:-10, Nutrition Score:37.224347860917%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 517.14kcal (25.86%), Fat: 19.09g (29.37%), Saturated Fat: 2.68g (16.72%), Carbohydrates: 71.62g (23.87%), Net Carbohydrates: 44.48g (16.17%), Sugar: 10.04g (11.16%), Cholesterol: 0mg (0%), Sodium: 1311.47mg (57.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.01g (40.02%), Vitamin K: 297.77µg (283.59%), Manganese: 2.18mg (108.94%), Fiber: 27.14g (108.57%), Folate: 316.85µg (79.21%), Vitamin C: 38.49mg (46.65%), Vitamin B1: 0.62mg (41.27%), Magnesium: 165.07mg (41.27%), Phosphorus: 403.22mg (40.32%), Vitamin A: 1925.95IU (38.52%), Potassium: 1318.17mg (37.66%), Iron: 6.62mg (36.8%), Copper: 0.67mg (33.29%), Vitamin B6: 0.62mg (30.92%), Vitamin E: 4.01mg (26.73%), Zinc: 3.7mg (24.64%), Vitamin B3: 4.66mg (23.28%), Vitamin B5: 2.04mg (20.42%), Vitamin B2: 0.26mg (15.23%), Calcium: 112.8mg (11.28%), Selenium: 6.07µg (8.67%)