



Fruit-and-Bulgur Salad

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 tablespoons almonds toasted chopped
- ☐ 0.8 cup cracked wheat uncooked
- ☐ 0.3 teaspoon curry powder
- ☐ 0.3 cup dates pitted chopped
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 11 ounce mandarin oranges in syrup light drained canned

- ☐ 1 cup delicious apple red chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup water boiling
- ☐ 3 cups water
- ☐ 0.5 cup peas split yellow

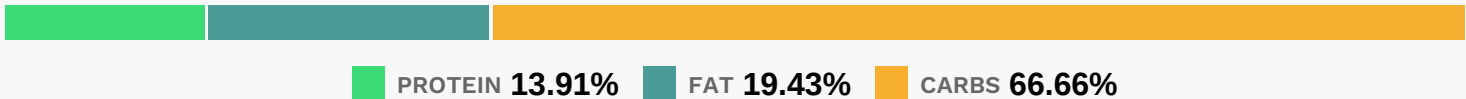
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 3 cups water and split peas to a boil in a saucepan. Reduce heat; cook, uncovered, 30 minutes or just until split peas are tender.
- ☐ Drain well; set aside.
- ☐ Combine bulgur and 3/4 cup boiling water in a large bowl. Cover and let stand 30 minutes.
- ☐ Add peas, apple, cranberries, and dates; stir well.
- ☐ Combine yogurt, lemon juice, salt, and curry, and add to bulgur mixture, stirring well. Gently stir in oranges. Top salad with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:28.2, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:13.236956508263%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 5.82mg,

Hesperetin: 5.82mg, Hesperetin: 5.82mg, Hesperetin: 5.82mg Naringenin: 6.38mg, Naringenin: 6.38mg, Naringenin: 6.38mg, Naringenin: 6.38mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 290.76kcal (14.54%), Fat: 6.78g (10.43%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 40.86g (14.86%), Sugar: 21.3g (23.66%), Cholesterol: 0.74mg (0.25%), Sodium: 138.84mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.85%), Fiber: 11.49g (45.95%), Manganese: 0.58mg (28.84%), Vitamin C: 20.63mg (25.01%), Phosphorus: 228.8mg (22.88%), Vitamin E: 2.91mg (19.42%), Folate: 73.21µg (18.3%), Copper: 0.36mg (17.87%), Magnesium: 66.27mg (16.57%), Potassium: 566.45mg (16.18%), Vitamin B1: 0.22mg (14.38%), Vitamin B2: 0.22mg (12.9%), Iron: 2.24mg (12.44%), Vitamin A: 476.01IU (9.52%), Calcium: 94.37mg (9.44%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.68mg (6.8%), Vitamin B3: 1.34mg (6.69%), Vitamin B6: 0.13mg (6.56%), Vitamin K: 4.19µg (3.99%), Selenium: 1.47µg (2.1%), Vitamin B12: 0.07µg (1.14%)