



Fruit and Nut Breakfast Tabbouleh

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bulgur wheat
- 8 oz pineapple crushed canned
- 0.5 cup cranberry juice blend
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 2 teaspoons juice of lemon
- 0.3 cup pecans chopped
- 1 cup golden delicious apples peeled chopped

2 tablespoons cranberries dried sweetened chopped

Equipment

bowl

frying pan

Directions

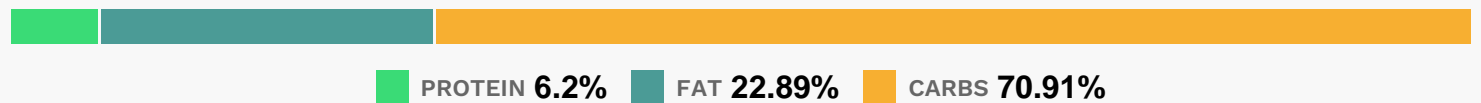
Drain juice from pineapple into a glass measure; pour pineapple into a large bowl. To pineapple juice add enough cranberry juice blend to make 1 cup; pour into a 1- to 1 1/2-quart pan and add cinnamon and nutmeg. Bring to a boil over high heat; add bulgur. Stir, cover, reduce heat, and simmer until juices are absorbed, about 15 minutes.

Add to pineapple the apples, lemon juice, cranberries, currants, dates, and pecans; mix.

Add warm bulgur and mix.

Serve hot, warm, or cool; if making up to 1 day ahead, cover when cool and chill.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:8.08, Inflammation Score:-3, Nutrition Score:7.7930434164794%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 196.67kcal (9.83%), Fat: 5.43g (8.35%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 37.86g (12.62%),
Net Carbohydrates: 31.92g (11.61%), Sugar: 21.05g (23.39%), Cholesterol: 0mg (0%), Sodium: 4.93mg (0.21%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.92mg (45.92%), Fiber: 5.94g
(23.76%), Vitamin C: 10.78mg (13.07%), Magnesium: 49.74mg (12.43%), Copper: 0.23mg (11.71%), Vitamin B1: 0.15mg
(10.24%), Phosphorus: 84.11mg (8.41%), Vitamin B6: 0.15mg (7.53%), Potassium: 235.54mg (6.73%), Vitamin B3:
1.24mg (6.21%), Iron: 0.93mg (5.19%), Zinc: 0.76mg (5.09%), Vitamin E: 0.72mg (4.8%), Vitamin K: 3.92µg (3.73%),
Vitamin B2: 0.06mg (3.37%), Vitamin B5: 0.28mg (2.81%), Calcium: 27.93mg (2.79%), Folate: 10.92µg (2.73%),
Selenium: 0.98µg (1.4%), Vitamin A: 65.86IU (1.32%)