



HEALTH SCORE

56%

Garlic & herb bulgur wheat



Vegetarian



Vegan



Dairy Free

READY IN

**20 min.**

SERVINGS

**4**

CALORIES

**394 kcal**

SIDE DISH

Ingredients

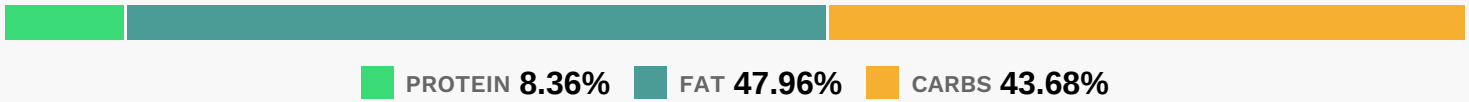
- ☐ 200 g bulgur
- ☐ 175 g peas frozen
- ☐ 6 tbsp garlic infused olive oil
- ☐ 1 juice of lemon
- ☐ 1 handful parsley such as (mint, parsley, chives), roughly chopped

Equipment

Directions

- ☐ Cook the bulgur wheat in boiling salted water for 15 mins or until tender, adding the peas for the final 3 mins of cooking.
- ☐ Make the dressing by combining the oil, lemon juice and seasoning. Stir the herbs through the drained bulgur wheat and peas with the dressing.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:15.23, Inflammation Score:-7, Nutrition Score:16.93391306504%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 394.09kcal (19.7%), Fat: 21.87g (33.64%), Saturated Fat: 3.05g (19.06%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 33.12g (12.04%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 11.74mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Manganese: 1.71mg (85.29%), Fiber: 11.7g (46.8%), Vitamin K: 40.84µg (38.9%), Vitamin C: 21.73mg (26.34%), Magnesium: 97.39mg (24.35%), Vitamin E: 3.13mg (20.86%), Phosphorus: 198.43mg (19.84%), Vitamin B3: 3.49mg (17.46%), Vitamin B1: 0.23mg (15.67%), Vitamin B6: 0.25mg (12.46%), Copper: 0.25mg (12.36%), Iron: 2.06mg (11.44%), Folate: 44.96µg (11.24%), Zinc: 1.52mg (10.15%), Potassium: 325.23mg (9.29%), Vitamin A: 423.88IU (8.48%), Vitamin B2: 0.12mg (6.9%), Vitamin B5: 0.58mg (5.82%), Calcium: 30.48mg (3.05%), Selenium: 1.95µg (2.78%)