



## Greek Bulgur Salad with Chicken

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black
- 3 cups bulgur uncooked
- 2.5 cups chicken breast boneless skinless chopped
- 2.5 cups cucumber peeled chopped
- 0.3 cup olive oil extravirgin
- 2 ounces feta cheese crumbled
- 0.5 cup basil fresh thinly sliced
- 0.5 cup basil fresh thinly sliced
- 1 cup parsley fresh chopped

- 2 cups grape tomatoes halved
- 10 kalamata olives pitted chopped
- 0.8 cup juice of lemon fresh divided ( 3 lemons)
- 0.5 cup onion red finely chopped
- 2 teaspoons salt divided
- 4.5 cups water

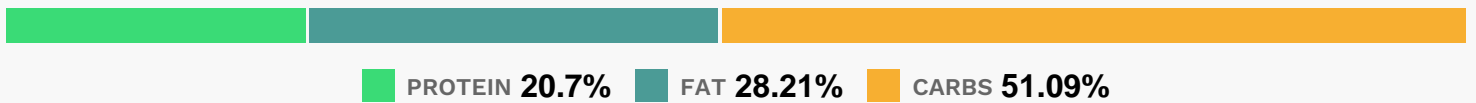
## Equipment

- bowl
- sauce pan

## Directions

- Combine water, bulgur, 1/2 cup juice, and 1 teaspoon salt in a large saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 5 minutes.
- Remove from heat; let stand 15 minutes or until liquid is absorbed. Uncover and cool to room temperature.
- Combine remaining 1/4 cup juice, remaining 1 teaspoon salt, and remaining ingredients in a large bowl; toss to combine.
- Add cooled bulgur mixture; toss well to combine. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:35.8, Glycemic Load:12.05, Inflammation Score:-8, Nutrition Score:21.141739053571%

## Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin:

0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

## Nutrients (% of daily need)

Calories: 274.49kcal (13.72%), Fat: 8.99g (13.83%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 36.63g (12.21%), Net Carbohydrates: 27.77g (10.1%), Sugar: 2.3g (2.55%), Cholesterol: 29.05mg (9.68%), Sodium: 654.34mg (28.45%), Alcohol: Og (100%), Protein: 14.84g (29.69%), Vitamin K: 117.59µg (111.99%), Manganese: 1.41mg (70.46%), Fiber: 8.86g (35.44%), Vitamin B3: 6.44mg (32.21%), Vitamin C: 21.68mg (26.28%), Vitamin B6: 0.52mg (25.9%), Phosphorus: 246.92mg (24.69%), Magnesium: 95.1mg (23.77%), Selenium: 13.96µg (19.95%), Vitamin A: 960.7IU (19.21%), Potassium: 504.32mg (14.41%), Copper: 0.24mg (12.08%), Vitamin B5: 1.2mg (12%), Vitamin B1: 0.17mg (11.1%), Iron: 1.91mg (10.59%), Folate: 39.85µg (9.96%), Zinc: 1.42mg (9.46%), Vitamin B2: 0.16mg (9.45%), Vitamin E: 1.3mg (8.68%), Calcium: 73.69mg (7.37%), Vitamin B12: 0.17µg (2.85%)