



HEALTH SCORE

100%

Grilled Portabella and Bulgur Salad "Sandwiches"



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



1500 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small firm-ripe avocado
- ☐ 4 cups baby arugula
- ☐ 1 cup bulgur
- ☐ 1 pint cherry tomatoes
- ☐ 0.5 cup flat-leaf parsley leaves
- ☐ 1 large garlic clove
- ☐ 1.5 tablespoons olive oil extra-virgin

- ☐ 0.3 cup pinenuts toasted
- ☐ 8 large portabella mushrooms for another use (see cooks' note, below)
- ☐ 1 small onion red cut lengthwise into 1/2-inch-thick wedges (keeping root end intact)
- ☐ 0.3 teaspoon red-pepper flakes hot
- ☐ 0.3 cup red-wine vinegar
- ☐ 1 tablespoon rosemary finely chopped
- ☐ 1.5 cups boiling-hot water
- ☐ 2 medium bell peppers yellow quartered
- ☐ 1 medium zucchini halved lengthwise

Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ sieve
- ☐ grill
- ☐ grill pan
- ☐ glass baking pan

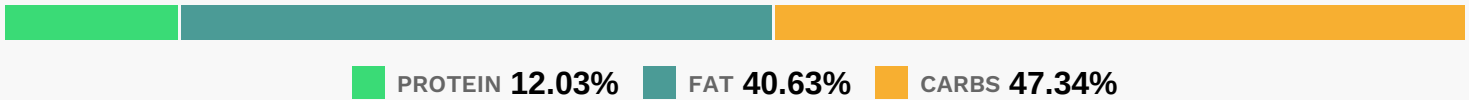
Directions

- ☐ With motor running, drop garlic into food processor and finely chop.
- ☐ Add tomatoes, parsley, oil, vinegar, rosemary, red-pepper flakes, 1/2 teaspoon salt, and 1/4 teaspoon pepper and pulse until tomatoes are finely chopped but not puréed.
- ☐ Peel skin from portabellas using tip of a paring knife, pulling from edge of mushroom toward center. Gently scrape off gills from mushrooms with tip of a spoon. Toss portabellas with 1/2 cup vinaigrette in a 13- by 9-inch glass baking dish and let stand, turning occasionally, 20 minutes.
- ☐ Prepare a gas grill for direct-heat cooking over medium heat; see Grilling Procedure.
- ☐ Push 1 wooden pick into each onion wedge to secure for grilling. Toss onion wedges, bell peppers, and zucchini with oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Oil grill rack, then

grill vegetables, covered, turning occasionally, until tender (6 to 8 minutes for bell peppers, 6 to 10 minutes for zucchini, 8 to 12 minutes for onion, and 12 to 15 minutes for portabellas).

- ☐ Transfer portabellas to a plate and remaining vegetables to a bowl as cooked. Cool slightly, then remove wooden picks and coarsely chop onion, bell peppers, and zucchini.
- ☐ While vegetables cook, pour boiling-hot water over bulgur with 1/2 teaspoon salt in a large bowl and let stand until water is absorbed and bulgur is tender, about 5 minutes.
- ☐ Drain in a sieve if any water remains.
- ☐ Add vegetables to bulgur with pine nuts and remaining vinaigrette and toss.
- ☐ Put one fourth of arugula on each of 4 plates. Top with upside-down portabella. Pack bulgur mixture into a cup measure, then unmold on top of portabella. Top with another portabella, right side up.
- ☐ Serve with an avocado quarter.
- ☐ Vegetables can be grilled in an oiled hot 2-burner grill pan.

Nutrition Facts



Properties

Glycemic Index:73.25, Glycemic Load:10.91, Inflammation Score:-10, Nutrition Score:41.406087030535%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg, Kaempferol: 7.29mg Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg, Myricetin: 1.28mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 410.61kcal (20.53%), Fat: 20.19g (31.06%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 37.49g (13.63%), Sugar: 10.8g (12.01%), Cholesterol: 0mg (0%), Sodium: 61.74mg (2.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.91%), Vitamin C: 165.64mg (200.78%), Vitamin K: 169.4µg (161.33%), Manganese: 2.42mg (120.99%), Fiber: 15.43g (61.71%), Vitamin B3: 12.18mg (60.9%), Copper: 1.04mg (52.1%), Potassium: 1732.61mg (49.5%), Selenium: 33.54µg (47.92%), Phosphorus: 452.9mg (45.29%), Folate: 180.29µg (45.07%), Vitamin B6: 0.85mg (42.68%), Vitamin A: 2034.14IU (40.68%), Vitamin B5: 3.51mg

(35.15%), Magnesium: 138.62mg (34.65%), Vitamin B2: 0.47mg (27.42%), Iron: 4.48mg (24.87%), Vitamin B1: 0.36mg (23.89%), Vitamin E: 3.56mg (23.7%), Zinc: 3.12mg (20.8%), Calcium: 112.52mg (11.25%), Vitamin D: 0.5µg (3.36%), Vitamin B12: 0.08µg (1.4%)