



Grilled Zucchini Bulgur Pilaf



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bulgur uncooked
- ☐ 0.3 cup celery chopped
- ☐ 6 servings lemon wedges
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion chopped
- ☐ 0.3 cup parsley
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 2 cups water
- ☐ 1 zucchini

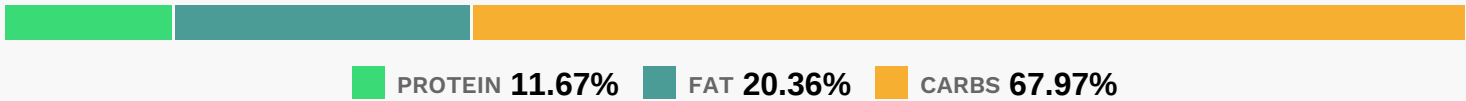
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Heat a saucepan over medium-high heat.
- ☐ Add olive oil, onion, and celery; saut 3 minutes.
- ☐ Add water and bulgur; bring to a boil. Cover, reduce heat, and simmer 11 minutes.
- ☐ Heat a grill pan over medium-high heat; coat with cooking spray. Quarter zucchini. Grill zucchini 5 minutes; dice.
- ☐ Combine bulgur, zucchini, parsley, salt, and pepper.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:6.91, Inflammation Score:-5, Nutrition Score:9.1326085484546%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.55mg, Apigenin: 5.55mg, Apigenin: 5.55mg, Apigenin: 5.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 116.16kcal (5.81%), Fat: 2.8g (4.31%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 15.9g (5.78%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 211.09mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin K: 46.11µg (43.92%), Manganese: 0.82mg (40.8%), Fiber: 5.16g (20.63%), Vitamin C: 11.36mg (13.77%), Magnesium: 49.03mg (12.26%), Phosphorus: 91.3mg (9.13%), Vitamin B6: 0.16mg (8.22%), Vitamin B3: 1.42mg (7.08%), Potassium: 241.12mg (6.89%), Copper: 0.12mg (6.16%), Vitamin A: 304.3IU (6.09%), Folate: 23.88µg (5.97%), Vitamin B1: 0.08mg (5.46%), Iron: 0.93mg (5.18%), Zinc: 0.63mg (4.22%), Vitamin B2: 0.07mg (4.06%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.43mg (2.86%), Calcium: 26.83mg (2.68%), Selenium: 0.74µg (1.05%)