



Grits-Style Bulgur with Corn-Basil Relish

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgur uncooked
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 1 cup corn kernels fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 2 ounces cheddar cheese shredded extra-sharp
- ☐ 2.3 cups water

☐ 1 tablespoon citrus champagne vinegar

Equipment

☐ bowl

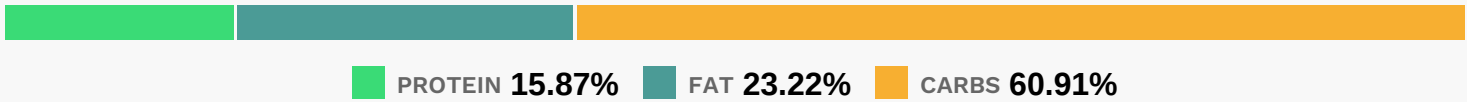
☐ sauce pan

Directions

☐ Bring water and uncooked bulgur to a boil in a small saucepan. Cover, reduce heat, and cook 8 minutes. Stir in cheese and 1/4 teaspoon salt.

☐ Combine corn kernels, basil, shallots, vinegar, and 1/8 teaspoon salt in a small bowl. Top bulgur mixture with corn mixture.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:9.68, Inflammation Score:-5, Nutrition Score:10.899999885455%

Nutrients (% of daily need)

Calories: 211.57kcal (10.58%), Fat: 5.79g (8.9%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 34.15g (11.38%), Net Carbohydrates: 26.92g (9.79%), Sugar: 2.66g (2.96%), Cholesterol: 14.17mg (4.72%), Sodium: 329.42mg (14.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Manganese: 1.15mg (57.71%), Fiber: 7.23g (28.94%), Phosphorus: 204.82mg (20.48%), Magnesium: 77.61mg (19.4%), Vitamin B3: 2.46mg (12.29%), Calcium: 121.12mg (12.11%), Vitamin B1: 0.14mg (9.57%), Zinc: 1.4mg (9.33%), Vitamin B6: 0.17mg (8.71%), Copper: 0.17mg (8.57%), Potassium: 266.57mg (7.62%), Folate: 29.52µg (7.38%), Vitamin B2: 0.12mg (7.31%), Selenium: 5.07µg (7.24%), Vitamin K: 7.36µg (7.01%), Vitamin B5: 0.69mg (6.95%), Iron: 1.17mg (6.49%), Vitamin A: 292.19IU (5.84%), Vitamin C: 2.95mg (3.58%), Vitamin B12: 0.15µg (2.5%), Vitamin E: 0.17mg (1.1%)