



 **100%**
HEALTH SCORE

Healthified Thai Salad with Peanut Dressing

 Vegetarian  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bulgur
- 0.5 cup carrots shredded
- 3 tablespoons creamy peanut butter reduced-fat
- 0.1 teaspoon pepper red crushed
- 2 tablespoons chop roasted peanuts finely chopped
- 10 oz edamame frozen shelled cascadian farm®
- 2 tablespoons cilantro leaves fresh snipped
- 1 clove garlic minced

- 0.3 teaspoon ground ginger
- 1 cup chicken broth reduced-sodium progresso®
- 2 tablespoons soy sauce reduced-sodium
- 1 medium bell pepper sweet red seeded cut into thin bite-size strips
- 0.5 cup onion red thinly sliced
- 4 cups pkt spinach fresh
- 1 teaspoon sugar
- 0.3 cup water

Equipment

- bowl
- sauce pan
- whisk

Directions

- In a medium saucepan, bring broth to boiling; add uncooked bulgur. Return to boiling; reduce heat. Cover and simmer about 15 minutes or until bulgur is tender and most of the liquid is absorbed.
- Drain if necessary. Meanwhile, prepare edamame according to package directions.
- Transfer bulgur and edamame to a large bowl; stir in sweet pepper, carrot, red onion, and cilantro.
- Divide spinach among four serving plates. Top with bulgur mixture; drizzle with Peanut Dressing.
- Sprinkle with peanuts.
- Peanut Dressing: In a small saucepan, combine 1/3 cup water, 3 tablespoons reduced-fat creamy peanut butter, 2 tablespoons reduced-sodium soy sauce, 1 teaspoon sugar, 1/4 teaspoon ground ginger, 1/8 teaspoon crushed red pepper, and 1 clove garlic, minced.
- Whisk constantly over medium-low heat about 3 minutes or until smooth and slightly thickened (mixture will appear curdled at first but will become smooth as it's whisked over the heat). Makes about 2/3 cup.

Nutrition Facts

PROTEIN 20.75% FAT 34.09% CARBS 45.16%

Properties

Glycemic Index:82.73, Glycemic Load:7.23, Inflammation Score:-10, Nutrition Score:25.864782540695%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 295.84kcal (14.79%), Fat: 11.88g (18.28%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 26.15g (9.51%), Sugar: 7.6g (8.45%), Cholesterol: 0mg (0%), Sodium: 419.66mg (18.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Vitamin K: 149.62µg (142.49%), Vitamin A: 6451.64IU (129.03%), Manganese: 1.25mg (62.73%), Vitamin C: 49.22mg (59.66%), Fiber: 9.26g (37.03%), Folate: 102.32µg (25.58%), Potassium: 887.43mg (25.36%), Vitamin B3: 4.83mg (24.13%), Magnesium: 95.98mg (23.99%), Iron: 3.95mg (21.92%), Vitamin B6: 0.36mg (17.9%), Phosphorus: 177.79mg (17.78%), Vitamin E: 2.6mg (17.34%), Calcium: 122.19mg (12.22%), Copper: 0.23mg (11.53%), Vitamin B2: 0.19mg (11.09%), Vitamin B1: 0.13mg (8.6%), Zinc: 1.23mg (8.19%), Vitamin B5: 0.59mg (5.94%), Selenium: 2.04µg (2.92%)