



Herbed Bulgur-Lentil Pilaf



Vegetarian



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bulgur
- ☐ 0.5 cup green lentils
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 4 cups chicken broth low-sodium

- ☐ 1 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup onion diced red finely
- ☐ 0.5 teaspoon salt
- ☐ 1 bell pepper diced yellow seeded finely

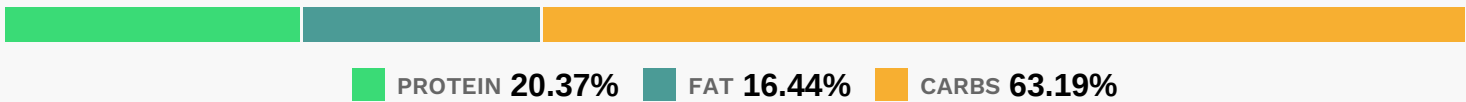
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place lentils and 2 cups broth in a small saucepan and bring to a boil. Boil 5 minutes, then reduce to a simmer and cook until lentils are tender and most liquid is dissolved, about 30 minutes.
- ☐ Drain any remaining liquid. While lentils are cooking, place bulgur and remaining 2 cups chicken broth in another small saucepan and bring to a boil. Reduce heat and simmer until most liquid is dissolved and bulgur is tender, about 13 to15 minutes.
- ☐ Remove from heat and fluff with a fork.
- ☐ Add the bulgur to the lentils.
- ☐ Heat 2 teaspoons of the oil in a skillet over medium heat.
- ☐ Add onions and cook, stirring, until tender, about 5 minutes.
- ☐ Add peppers and cook until peppers are tender, another 5 minutes.
- ☐ Add the onion mixture to bulgur–lentil mixture. Stir in parsley, basil, chives, lemon zest, lemon juice remaining 1 tablespoon olive oil, salt and pepper and toss to incorporate.

Nutrition Facts



Properties

Glycemic Index:69.4, Glycemic Load:12.11, Inflammation Score:-8, Nutrition Score:24.428260958713%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg, Isorhamnetin: 2.11mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 300.29kcal (15.01%), Fat: 5.79g (8.91%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 35.2g (12.8%), Sugar: 2.81g (3.12%), Cholesterol: 0mg (0%), Sodium: 373mg (16.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.31%), Vitamin C: 65.75mg (79.69%), Manganese: 1.51mg (75.57%), Fiber: 14.92g (59.68%), Vitamin K: 60.88µg (57.98%), Folate: 147.4µg (36.85%), Phosphorus: 306.51mg (30.65%), Vitamin B3: 6.02mg (30.12%), Magnesium: 99.9mg (24.98%), Vitamin B1: 0.32mg (21.52%), Copper: 0.42mg (21.16%), Potassium: 727.56mg (20.79%), Iron: 3.67mg (20.39%), Vitamin B6: 0.38mg (19.01%), Zinc: 2.23mg (14.87%), Vitamin B2: 0.19mg (10.97%), Vitamin B5: 1.01mg (10.06%), Vitamin A: 444.73IU (8.89%), Calcium: 56.56mg (5.66%), Vitamin E: 0.69mg (4.62%), Selenium: 3.12µg (4.46%), Vitamin B12: 0.24µg (3.93%)