



Herby celery & bulgur salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g bulgur
- ☐ 1 bunch celery
- ☐ 1 apples
- ☐ 1 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 1 handful hazelnuts toasted roughly chopped
- ☐ 1 to 5 chillies red deseeded chopped
- ☐ 1 large handful pomegranate seeds

- ☐ 1 small bunch parsley chopped
- ☐ 1 small bunch mint leaves chopped
- ☐ 1 small bunch tarragon chopped

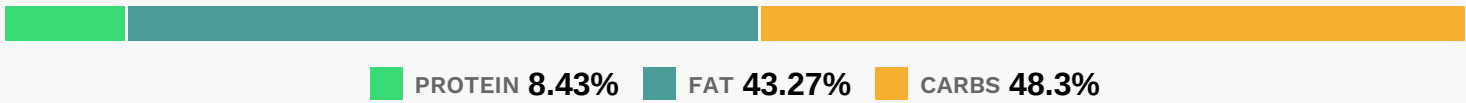
Equipment

- ☐ bowl

Directions

- ☐ Put the bulgur wheat in a large bowl and just cover with boiling water. Cover the bowl with cling film and leave for 30 mins to absorb all the water.
- ☐ Meanwhile, separate the sticks of celery and set the leaves aside. Very finely slice the celery and roughly chop the leaves.
- ☐ Cut the apple into fine matchsticks and toss in a little lemon juice. In a bowl, mix the remaining lemon juice with the oil and some seasoning to make a dressing.
- ☐ Gently fluff up the bulgur with a fork.
- ☐ Mix the sliced celery and apple through the bulgur, followed by the nuts, chilli, pomegranate seeds and herbs.
- ☐ Drizzle over the dressing and toss everything together gently. Scatter with the celery leaves and serve.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:10.96, Inflammation Score:-8, Nutrition Score:17.786521745765%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.79mg, Hesperetin:

0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 20.7mg, Apigenin: 20.7mg, Apigenin: 20.7mg, Apigenin: 20.7mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 256.67kcal (12.83%), Fat: 13.1g (20.16%), Saturated Fat: 1.64g (10.28%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 24.9g (9.05%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 18.57mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Vitamin K: 166.46µg (158.53%), Manganese: 1.49mg (74.32%), Vitamin C: 28.16mg (34.13%), Fiber: 8.02g (32.08%), Vitamin A: 1006.61IU (20.13%), Magnesium: 77.02mg (19.26%), Vitamin E: 2.32mg (15.45%), Phosphorus: 133.29mg (13.33%), Iron: 2.29mg (12.73%), Copper: 0.24mg (12.22%), Vitamin B6: 0.24mg (12.07%), Vitamin B3: 2.2mg (10.99%), Potassium: 346.93mg (9.91%), Folate: 39.6µg (9.9%), Vitamin B1: 0.13mg (8.99%), Zinc: 0.97mg (6.47%), Vitamin B2: 0.09mg (5.41%), Calcium: 53.23mg (5.32%), Vitamin B5: 0.49mg (4.92%), Selenium: 1.02µg (1.46%)