



## Kasha and Bow-Tie Pilaf

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup onion coarsely chopped
- ☐ 1 cup bell pepper red coarsely chopped
- ☐ 4 oz mushrooms fresh sliced
- ☐ 1 cup bulgar wheat whole uncooked (buckwheat groats)
- ☐ 1 eggs beaten
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 0.5 teaspoon salt

- ☐ 0.3 teaspoon pepper
- ☐ 2 oz farfalle pasta uncooked (bow-tie)
- ☐ 0.5 cup parsley fresh chopped

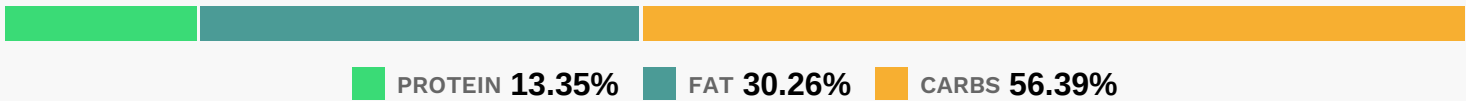
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In 12-inch nonstick skillet, melt butter over medium heat. Cook onions, bell pepper and mushrooms in butter 3 to 4 minutes, stirring occasionally, until tender.
- ☐ Remove from skillet to plate.
- ☐ In small bowl, stir kasha and egg, coating well. Cook kasha in same skillet over medium heat about 3 minutes, stirring constantly, until browned and dry.
- ☐ Return vegetables to skillet with kasha; stir in broth, salt and pepper.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer 10 to 15 minutes or until broth is absorbed and kasha is tender.
- ☐ Meanwhile, cook and drain pasta as directed on package. Stir cooked pasta and parsley into kasha mixture.

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:6.48, Inflammation Score:-7, Nutrition Score:8.5713042409524%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

## Nutrients (% of daily need)

Calories: 110.52kcal (5.53%), Fat: 3.91g (6.01%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 14.13g (5.14%), Sugar: 1.6g (1.78%), Cholesterol: 14.42mg (4.81%), Sodium: 283.75mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin K: 41.75µg (39.76%), Vitamin C: 20.41mg (24.74%), Vitamin A: 745.64IU (14.91%), Manganese: 0.29mg (14.58%), Copper: 0.22mg (10.99%), Magnesium: 41.16mg (10.29%), Vitamin B2: 0.16mg (9.35%), Selenium: 6.41µg (9.15%), Fiber: 2.24g (8.97%), Phosphorus: 84.46mg (8.45%), Vitamin B3: 1.68mg (8.38%), Vitamin B6: 0.11mg (5.37%), Potassium: 179.42mg (5.13%), Folate: 20.52µg (5.13%), Vitamin B5: 0.47mg (4.66%), Iron: 0.75mg (4.18%), Zinc: 0.61mg (4.08%), Vitamin B1: 0.05mg (3.42%), Vitamin E: 0.39mg (2.58%), Calcium: 16.13mg (1.61%)