



HEALTH SCORE

83%

Kisir



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups bulgur uncooked
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 teaspoon chile paste with garlic (such as sambal oelek)
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 cup bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup juice of lemon fresh (3 lemons)
- ☐ 1 cup plum tomatoes chopped (3 tomatoes)
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup water hot

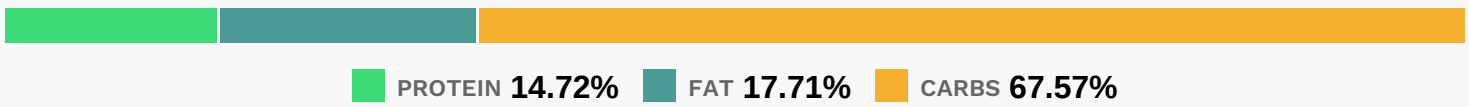
Equipment

- ☐ bowl

Directions

- ☐ Place bulgur in a large bowl.
- ☐ Combine juice, 1/4 cup hot water, olive oil, chile paste, and 1/4 teaspoon salt; drizzle over bulgur, stirring to combine.
- ☐ Sprinkle green onions evenly over bulgur mixture; layer chopped tomato and cucumber over onions.
- ☐ Sprinkle with remaining 1/4 teaspoon salt, mint, parsley, and dill; top with bell pepper and chickpeas. Cover and chill 24 to 48 hours. Toss gently before serving.

Nutrition Facts



Properties

Glycemic Index:57.33, Glycemic Load:16.86, Inflammation Score:-9, Nutrition Score:25.119130569956%

Flavonoids

Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg, Eriodictyol: 2.26mg Hesperetin: 4.67mg, Hesperetin: 4.67mg, Hesperetin: 4.67mg, Hesperetin: 4.67mg Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg, Naringenin: 0.82mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 313.85kcal (15.69%), Fat: 6.6g (10.15%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 56.65g (18.88%), Net Carbohydrates: 41.54g (15.11%), Sugar: 4.28g (4.75%), Cholesterol: 0mg (0%), Sodium: 613.58mg (26.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.34g (24.68%), Manganese: 2.43mg (121.38%), Vitamin C: 57.12mg (69.24%), Vitamin K: 71.45µg (68.05%), Fiber: 15.11g (60.43%), Vitamin B6: 0.85mg (42.29%), Magnesium: 123.32mg (30.83%), Phosphorus: 258.53mg (25.85%), Vitamin A: 1086.22IU (21.72%), Copper: 0.43mg (21.43%), Potassium: 684.83mg (19.57%), Folate: 76.79µg (19.2%), Iron: 3.29mg (18.26%), Vitamin B3: 3.11mg (15.53%), Vitamin B1: 0.21mg (13.95%), Zinc: 1.93mg (12.84%), Vitamin B5: 1.02mg (10.21%), Calcium: 88.84mg (8.88%), Vitamin E: 1.13mg (7.53%), Vitamin B2: 0.12mg (7.13%), Selenium: 3.36µg (4.8%)