



Lemony Bulgur Salad

 Vegetarian  Vegan  Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 1 cup bulgur uncooked
- 16 ounce chickpeas rinsed drained canned (garbanzo beans)
- 0.5 cup cucumber diced seeded
- 2 tablespoons green onions chopped (1)
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar

- 0.5 teaspoon salt
- 0.5 cup tomatoes diced seeded
- 1 cup water boiling

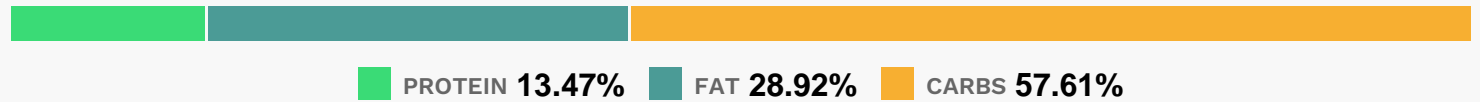
Equipment

- bowl
- whisk

Directions

- Combine bulgur and boiling water in a medium bowl. Cover and let stand 30 minutes.
- While bulgur stands, combine oil and next 4 ingredients in a small bowl; stir well with a whisk.
- Combine bulgur, oil mixture, cucumber, and remaining ingredients in a bowl; stir well. Cover and chill 2 hours.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:9.28, Inflammation Score:-4, Nutrition Score:10.643478061842%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 194.04kcal (9.7%), Fat: 6.51g (10.02%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 21.27g (7.74%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 411.62mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.65%), Manganese: 1.37mg (68.45%), Fiber: 7.91g (31.64%), Vitamin B6: 0.46mg (22.84%), Magnesium: 62.82mg (15.7%), Phosphorus: 137.46mg (13.75%), Copper: 0.22mg (10.98%), Iron: 1.65mg (9.19%), Vitamin K: 9.31µg (8.86%), Folate: 30.91µg (7.73%), Potassium: 262.84mg (7.51%), Vitamin B3: 1.39mg (6.93%), Zinc: 1.03mg (6.86%), Vitamin B1: 0.09mg (5.92%), Vitamin C: 4.47mg (5.41%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.78mg (5.17%), Calcium: 41.18mg (4.12%), Selenium: 2.08µg (2.97%), Vitamin A: 145.55IU (2.91%),

Vitamin B2: 0.05mg (2.69%)