



Lemony Bulgur Salad with Shrimp and Spinach

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups baby spinach
- 1.5 cups bulgur
- 3 tablespoons optional: dill chopped
- 6 servings salt and pepper freshly ground
- 0.3 cup juice of lemon fresh
- 1 teaspoon lemon zest finely grated
- 0.5 cup olive oil extra virgin extra-virgin

- 2 tablespoons pinenuts
- 4 radishes thinly sliced
- 1 pound shrimp shelled cooked

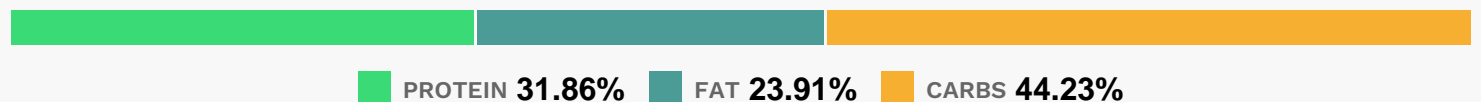
Equipment

- bowl
- whisk

Directions

- In a bowl, cover the bulgur with warm tap water.
- Let stand until the grains are tender, about 2 hours.
- Drain the bulgur well.
- In a large bowl, whisk the lemon zest with the lemon juice and chopped dill.
- Whisk in the olive oil.
- Add the bulgur, shrimp, baby spinach, sliced radishes and pine nuts and toss to coat. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:9.56, Inflammation Score:-8, Nutrition Score:17.226956678473%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 244.57kcal (12.23%), Fat: 6.82g (10.49%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 21.42g (7.79%), Sugar: 0.65g (0.72%), Cholesterol: 121.71mg (40.57%), Sodium: 302.97mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Manganese: 1.53mg (76.29%), Vitamin K: 77.11µg (73.44%), Phosphorus: 294.82mg (29.48%), Vitamin A: 1427.07IU (28.54%), Fiber: 6.97g (27.88%), Magnesium: 105.12mg (26.28%), Copper: 0.48mg (24%), Zinc: 2mg (13.32%), Potassium: 465.45mg (13.3%), Vitamin C: 9.17mg (11.12%), Folate: 42.73µg (10.68%), Iron: 1.9mg (10.55%), Vitamin B3: 2.07mg (10.33%), Vitamin B6: 0.16mg (7.98%), Calcium: 78.31mg (7.83%), Vitamin E: 1.17mg (7.81%), Vitamin B1: 0.11mg (7.21%), Vitamin B2: 0.08mg (4.68%), Vitamin B5: 0.41mg (4.06%), Selenium: 1.01µg (1.44%)