



Lentil, Cracked Wheat, and Vegetable Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bulgur uncooked (cracked wheat)
- ☐ 1 cup lentils dried
- ☐ 0.7 cup bell pepper diced green
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided
- ☐ 0.3 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated

- ☐ 0.7 cup bell pepper diced red
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water boiling
- ☐ 2 cups zucchini diced

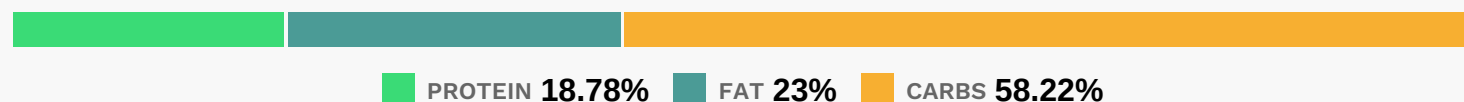
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine boiling water and bulgur in a large bowl; stir well.
- ☐ Let stand 20 minutes or until water is absorbed.
- ☐ Place the lentils in a large saucepan; cover with water to 2 inches above lentils, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender.
- ☐ Drain well; add to bulgur, and set aside.
- ☐ Heat 1 tablespoon of olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add zucchini, bell peppers, and onion, and saute 7 minutes or until vegetables are crisp-tender.
- ☐ Add vegetables to bulgur mixture.
- ☐ Combine remaining oil, orange rind, orange juice, lemon juice, salt, and pepper in a small bowl; stir well.
- ☐ Add to bulgur mixture; toss gently.
- ☐ Serve warm or at room temperature.
- ☐ Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:48.15, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:24.642174140267%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg, Quercetin: 5.14mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 329.65kcal (16.48%), Fat: 8.75g (13.46%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 31.03g (11.28%), Sugar: 6.51g (7.23%), Cholesterol: 0mg (0%), Sodium: 304.42mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.15%), Vitamin C: 77.82mg (94.33%), Fiber: 18.78g (75.11%), Folate: 268.87µg (67.22%), Manganese: 0.84mg (41.86%), Vitamin B1: 0.5mg (33.35%), Phosphorus: 319.01mg (31.9%), Iron: 4.78mg (26.54%), Vitamin B6: 0.52mg (26.21%), Potassium: 854.79mg (24.42%), Vitamin A: 1072.09IU (21.44%), Magnesium: 80.14mg (20.04%), Zinc: 2.64mg (17.61%), Copper: 0.33mg (16.44%), Vitamin B5: 1.32mg (13.23%), Vitamin E: 1.84mg (12.29%), Vitamin K: 12.48µg (11.89%), Vitamin B2: 0.2mg (11.75%), Vitamin B3: 1.99mg (9.97%), Selenium: 4.27µg (6.1%), Calcium: 50.7mg (5.07%)