



Mediterranean Bulgur Pilaf



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups bulgur uncooked
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.5 cup celery sliced
- ☐ 1.5 teaspoons curry powder
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup green onions sliced

- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups vegetable broth
- ☐ 1.3 cups water

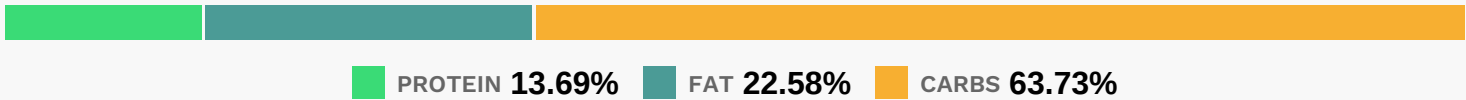
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add green onions, celery, and garlic; saut 3 minutes.
- ☐ Add water and next 5 ingredients; bring to a boil. Stir in bulgur; remove from heat. Cover and let stand 30 minutes or until liquid is absorbed.
- ☐ Add currants and remaining ingredients to bulgur mixture; toss.
- ☐ Serve at room temperature.
- ☐ carbo rating: 39

Nutrition Facts



Properties

Glycemic Index:54.22, Glycemic Load:12.88, Inflammation Score:-7, Nutrition Score:16.988260797832%

Flavonoids

Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 245.83kcal (12.29%), Fat: 6.58g (10.13%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 41.8g (13.93%), Net Carbohydrates: 31.58g (11.48%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 614.47mg (26.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Manganese: 2.16mg (107.92%), Vitamin K: 52.72µg (50.21%), Fiber: 10.22g (40.89%), Vitamin B6: 0.51mg (25.72%), Magnesium: 95.03mg (23.76%), Phosphorus: 203.96mg (20.4%), Copper: 0.34mg (17.22%), Iron: 2.79mg (15.52%), Potassium: 404.2mg (11.55%), Folate: 44.85µg (11.21%), Vitamin B3: 2.2mg (11%), Zinc: 1.63mg (10.86%), Vitamin B1: 0.14mg (9.52%), Vitamin A: 428.12IU (8.56%), Calcium: 68.02mg (6.8%), Vitamin C: 5.14mg (6.23%), Vitamin E: 0.91mg (6.08%), Vitamin B5: 0.61mg (6.06%), Vitamin B2: 0.09mg (5.36%), Selenium: 2.65µg (3.78%)