



Mediterranean Vegetable Bulgur Salad

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups water boiling
- 1.5 cups bulgur uncooked
- 1.5 cups water
- 2 cups broccoli florets fresh frozen cooled cooked drained
- 1 cup grape tomatoes
- 0.5 cup carrots shredded
- 4 oz feta cheese crumbled
- 2 tablespoons parsley fresh chopped

- 0.5 teaspoon salt
- 15 oz garbanzo beans drained canned (garbanzo beans)
- 0.5 cup salad dressing italian

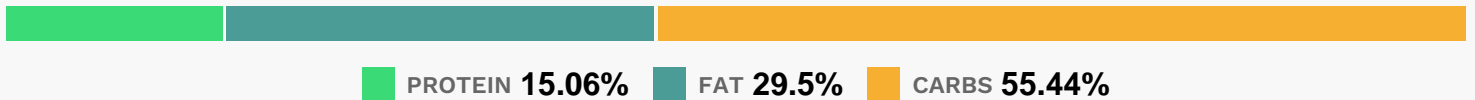
Equipment

- bowl
- sauce pan

Directions

- In large bowl, pour 2 cups boiling water over bulgur.
- Let stand 30 minutes.
- In 2-quart saucepan, heat 1 1/2 cups water to boiling; add broccoli. Cook 1 minute; drain and rinse in cold water.
- Stir broccoli and remaining ingredients into bulgur.
- Serve immediately, or cover and refrigerate up to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:21.93, Glycemic Load:6.63, Inflammation Score:-7, Nutrition Score:11.335652216621%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 149.39kcal (7.47%), Fat: 5.12g (7.88%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 16.18g (5.88%), Sugar: 1.97g (2.19%), Cholesterol: 8.41mg (2.8%), Sodium: 416.47mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Manganese: 0.88mg (44.2%), Vitamin K: 34.07µg (32.45%), Vitamin A: 1195.36IU (23.91%), Fiber: 5.48g (21.91%), Vitamin C: 16.51mg (20.01%), Vitamin B6: 0.32mg

(15.91%), Phosphorus: 129.41mg (12.94%), Magnesium: 46.77mg (11.69%), Calcium: 79.57mg (7.96%), Vitamin B2: 0.13mg (7.59%), Folate: 30.05µg (7.51%), Copper: 0.15mg (7.35%), Potassium: 235mg (6.71%), Zinc: 0.97mg (6.48%), Iron: 1.16mg (6.42%), Vitamin B3: 1.28mg (6.4%), Vitamin B1: 0.09mg (5.86%), Vitamin B5: 0.5mg (4.95%), Selenium: 3.11µg (4.44%), Vitamin E: 0.47mg (3.12%), Vitamin B12: 0.16µg (2.66%)