



Mexican Kasha



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgar wheat uncooked
- ☐ 1 eggs
- ☐ 2.5 cups water
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 medium onion sliced

- ☐ 1 garlic clove finely chopped
- ☐ 1 cup avocado peeled chopped
- ☐ 0.8 cup tomatoes chopped

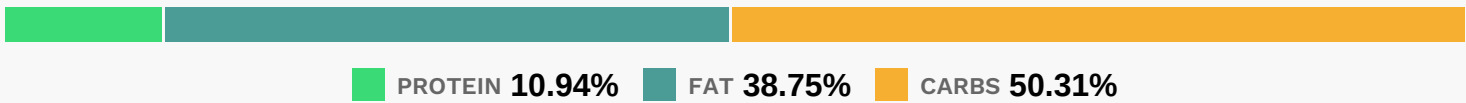
Equipment

- ☐ frying pan

Directions

- ☐ Mix buckwheat groats and egg. Cook buckwheat mixture in 10-inch skillet over medium-high heat, stirring constantly, until groats separate and dry.
- ☐ Stir in water, butter, vinegar, salt, cumin, onions and garlic.
- ☐ Heat to boiling, stirring constantly; reduce heat.
- ☐ Cover and simmer about 5 minutes or until groats are tender and liquid is absorbed. Stir in avocado and tomato.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:7.68, Inflammation Score:-5, Nutrition Score:7.3491304801858%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 150.34kcal (7.52%), Fat: 6.89g (10.6%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 20.13g (6.71%), Net Carbohydrates: 16.1g (5.85%), Sugar: 1.68g (1.87%), Cholesterol: 20.46mg (6.82%), Sodium: 193.4mg (8.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Manganese: 0.36mg (18.24%), Fiber: 4.03g

(16.12%), Copper: 0.31mg (15.3%), Magnesium: 60.67mg (15.17%), Phosphorus: 107.45mg (10.74%), Vitamin B3: 1.94mg (9.72%), Vitamin B2: 0.15mg (8.93%), Folate: 31.52µg (7.88%), Potassium: 273.9mg (7.83%), Vitamin B6: 0.15mg (7.58%), Vitamin C: 5.96mg (7.22%), Vitamin B5: 0.66mg (6.58%), Vitamin A: 300.01IU (6%), Selenium: 3.72µg (5.32%), Zinc: 0.79mg (5.25%), Vitamin K: 5.18µg (4.93%), Iron: 0.81mg (4.52%), Vitamin E: 0.64mg (4.25%), Vitamin B1: 0.06mg (3.7%), Calcium: 21.53mg (2.15%)