



Middle Eastern Bulgur Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup bulgur uncooked
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1 cup cucumber chopped
- ☐ 2 oz feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon salt

- ☐ 4 medium tomatoes
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water boiling

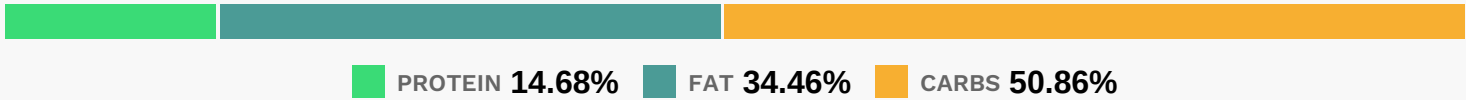
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, pour water over bulgur.
- ☐ Let stand 30 minutes.
- ☐ Meanwhile, in large bowl, mix remaining ingredients except tomatoes. Core tomatoes. Make 4 cuts in each tomato from top to bottom without cutting all the way through bottom of tomato.
- ☐ Place tomatoes on individual plates.
- ☐ Stir bulgur into bean mixture; spoon into tomatoes.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:12.7, Inflammation Score:-9, Nutrition Score:24.502608739811%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 314.13kcal (15.71%), Fat: 12.64g (19.45%), Saturated Fat: 3.25g (20.32%), Carbohydrates: 41.98g (13.99%), Net Carbohydrates: 30.32g (11.03%), Sugar: 4.31g (4.79%), Cholesterol: 12.62mg (4.21%), Sodium: 766.23mg (33.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.23%), Vitamin K: 112.75µg (107.38%),

Manganese: 1.87mg (93.29%), Fiber: 11.66g (46.65%), Vitamin B6: 0.78mg (39.13%), Vitamin C: 28.26mg (34.26%), Vitamin A: 1567.63IU (31.35%), Phosphorus: 255.47mg (25.55%), Magnesium: 97.39mg (24.35%), Folate: 76.51µg (19.13%), Potassium: 669.29mg (19.12%), Copper: 0.38mg (18.91%), Iron: 2.88mg (15.99%), Calcium: 149.81mg (14.98%), Zinc: 2.01mg (13.42%), Vitamin B2: 0.21mg (12.49%), Vitamin B3: 2.49mg (12.43%), Vitamin B1: 0.18mg (12.3%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 1.38mg (9.2%), Selenium: 4.98µg (7.11%), Vitamin B12: 0.24µg (3.99%)