



Mixed Fruit Pilaf



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple juice
- ☐ 1 cup bulgur wheat uncooked
- ☐ 0.5 cup celery chopped
- ☐ 1 cup chicken broth
- ☐ 1 teaspoon cumin seeds
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup fruit mixed dried chopped
- ☐ 1 garlic clove minced

- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon salt

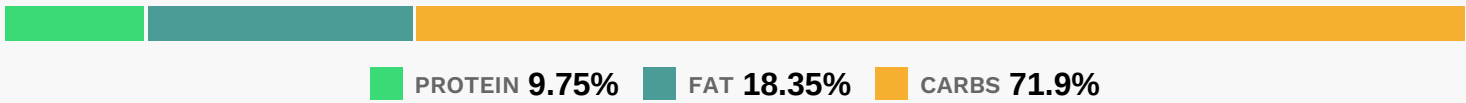
Equipment

- ☐ sauce pan
- ☐ ziploc bags

Directions

- ☐ Saut celery and onion in hot oil in a 3-quart saucepan over medium-high heat 5 minutes or until onion is tender.
- ☐ Add garlic, and saut 1 more minute.
- ☐ Stir in dried fruit and next 6 ingredients. Bring to a boil; stir in bulgur wheat. Cover; reduce heat, and simmer, stirring occasionally, 15 minutes.
- ☐ Remove from heat, and let stand 5 minutes.
- ☐ Note: Pack
- ☐ Mixed Fruit Pilaf in a zip-top plastic bag or waterproof container, and chill to transport to the picnic. It can safely sit at room temperature 2 hours.

Nutrition Facts



Properties

Glycemic Index:38.79, Glycemic Load:8.98, Inflammation Score:-3, Nutrition Score:6.4147826692332%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 137.23kcal (6.86%), Fat: 2.96g (4.56%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 21.01g (7.64%), Sugar: 6.25g (6.95%), Cholesterol: 0.78mg (0.26%), Sodium: 546.77mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Manganese: 0.83mg (41.56%), Fiber: 5.1g (20.41%), Magnesium: 46.9mg (11.72%), Phosphorus: 84.33mg (8.43%), Vitamin B3: 1.4mg (6.99%), Iron: 1.1mg (6.11%), Potassium: 212.83mg (6.08%), Vitamin B6: 0.12mg (5.83%), Copper: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.52%), Vitamin K: 5.22µg (4.97%), Vitamin B2: 0.07mg (4.05%), Zinc: 0.57mg (3.78%), Vitamin E: 0.49mg (3.27%), Vitamin B5: 0.31mg (3.14%), Calcium: 29.76mg (2.98%), Folate: 11.49µg (2.87%), Vitamin C: 1.42mg (1.72%), Selenium: 0.97µg (1.39%)