



Moroccan-Spiced Bulgur and Chickpea Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup matchstick-cut carrots
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups bulgur uncooked
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.3 cup cranberries dried
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 0.3 teaspoon ground coriander

- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons slivered almonds toasted
- ☐ 2 cups water boiling

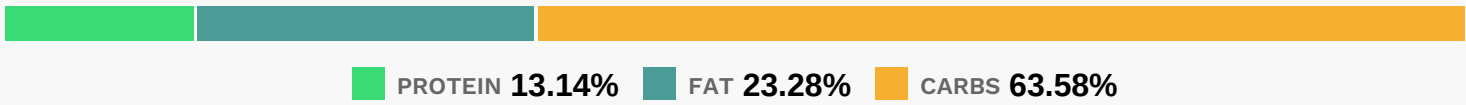
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk; set aside.
- ☐ Combine boiling water and bulgur in a large bowl. Cover and let stand 20 minutes or until liquid is absorbed.
- ☐ Add bulgur, carrots, and remaining ingredients to juice mixture, and toss well to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:16.74, Inflammation Score:-9, Nutrition Score:20.385652251866%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg,

Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 371.35kcal (18.57%), Fat: 10.2g (15.69%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 47.23g (17.17%), Sugar: 8.81g (9.78%), Cholesterol: 0mg (0%), Sodium: 623.58mg (27.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Manganese: 2.57mg (128.46%), Fiber: 15.46g (61.83%), Vitamin A: 2237.17IU (44.74%), Vitamin B6: 0.72mg (35.77%), Magnesium: 131.66mg (32.92%), Phosphorus: 272.19mg (27.22%), Copper: 0.45mg (22.52%), Vitamin E: 2.69mg (17.96%), Iron: 3.11mg (17.27%), Vitamin B3: 2.97mg (14.86%), Potassium: 466.39mg (13.33%), Zinc: 1.97mg (13.1%), Folate: 48.9µg (12.22%), Vitamin B1: 0.17mg (11.27%), Vitamin B2: 0.17mg (9.83%), Vitamin B5: 0.95mg (9.53%), Calcium: 89.05mg (8.91%), Selenium: 3.84µg (5.49%), Vitamin K: 5.54µg (5.28%), Vitamin C: 3.97mg (4.82%)