



Nomad Salad

 Vegetarian  Vegan  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

393 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce chickpeas drained canned garbanzo beans
- ☐ 1.5 cups cracked wheat uncooked
- ☐ 1 cup figs dried halved
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 cup parsley fresh chopped
- ☐ 0.5 cup juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cranberries dried sweetened such as Craisins
- ☐ 1.5 cups water boiling

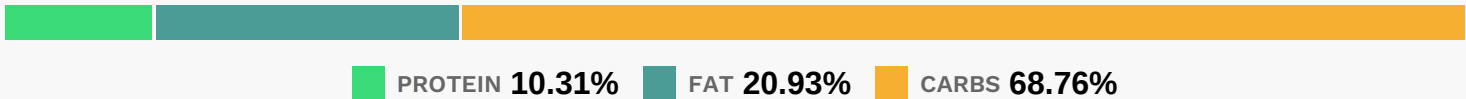
Equipment

- ☐ bowl

Directions

- ☐ Combine the bulgur and boiling water in a large bowl. Cover and let stand 30 minutes. Stir in the figs and remaining ingredients; cover salad and chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:27.07, Glycemic Load:8.36, Inflammation Score:-8, Nutrition Score:19.087826065395%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 2.58mg, Eriodictyol: 2.58mg, Eriodictyol: 2.58mg, Eriodictyol: 2.58mg Hesperetin: 3.99mg, Hesperetin: 3.99mg, Hesperetin: 3.99mg, Hesperetin: 3.99mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 26.1mg, Apigenin: 26.1mg, Apigenin: 26.1mg, Apigenin: 26.1mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 393.47kcal (19.67%), Fat: 9.95g (15.3%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 73.54g (24.51%), Net Carbohydrates: 60.17g (21.88%), Sugar: 23.79g (26.44%), Cholesterol: 0mg (0%), Sodium: 492.51mg (21.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Vitamin K: 206.07µg (196.26%), Fiber: 13.37g (53.49%), Manganese: 1mg (50.21%), Vitamin C: 27.3mg (33.1%), Vitamin A: 1220.76IU (24.42%), Phosphorus: 243.48mg (24.35%), Vitamin B6: 0.48mg (24.01%), Iron: 4.24mg (23.53%), Potassium: 619.14mg (17.69%), Magnesium: 56.6mg (14.15%), Copper: 0.28mg (13.92%), Folate: 52.94µg (13.23%), Calcium: 112.3mg (11.23%), Vitamin E: 1.3mg (8.65%), Zinc: 1.02mg (6.77%), Vitamin B5: 0.52mg (5.16%), Vitamin B1: 0.08mg (5.01%), Vitamin B2: 0.07mg (4.04%), Vitamin B3: 0.62mg (3.12%), Selenium: 2.06µg (2.94%)