



HEALTH SCORE

59%

Peanut Butter Berry



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



461 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup blueberries
- ☐ 0.5 cup bulgur cooked
- ☐ 1 teaspoon honey
- ☐ 1 tablespoon peanut butter
- ☐ 0.3 cup strawberry fresh
- ☐ 1 tablespoon water hot

Equipment

Directions

- ☐ Combine 1 tablespoon hot water with 1 tablespoon peanut butter and 1 teaspoon honey, stir until smooth.
- ☐ Stir peanut butter mixture into 1/2 cup cooked bulgur.
- ☐ Top with 1/4 cup fresh strawberry slices and 1/4 cup blueberries.

Nutrition Facts



Properties

Glycemic Index:193.27, Glycemic Load:30.63, Inflammation Score:-7, Nutrition Score:21.393912911415%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 460.63kcal (23.03%), Fat: 9.62g (14.79%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 86.51g (28.84%), Net Carbohydrates: 67.46g (24.53%), Sugar: 13.25g (14.72%), Cholesterol: 0mg (0%), Sodium: 85.87mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.32g (30.64%), Manganese: 3.28mg (163.86%), Fiber: 19.04g (76.17%), Magnesium: 183.47mg (45.87%), Vitamin B3: 7.08mg (35.42%), Phosphorus: 340.6mg (34.06%), Vitamin C: 24.79mg (30.05%), Vitamin B6: 0.42mg (21%), Copper: 0.42mg (20.77%), Vitamin B1: 0.26mg (17.04%), Potassium: 550.55mg (15.73%), Iron: 2.8mg (15.53%), Zinc: 2.29mg (15.26%), Folate: 49.33µg (12.33%), Vitamin E: 1.83mg (12.18%), Vitamin B5: 1.22mg (12.16%), Vitamin B2: 0.16mg (9.47%), Vitamin K: 9.71µg (9.25%), Calcium:

48.54mg (4.85%), Selenium: 2.99µg (4.27%)