



Pomegranate and Roasted Tomato Bulgur Salad



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon aleppo pepper flakes
- ☐ 0.3 cup almond slivers toasted ()
- ☐ 1 cup bulgur
- ☐ 1 cup chickpeas
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup feta
- ☐ 1 handful mint leaves chopped ()

- ☐ 1 pint grape tomatoes (cut in half)
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon
- ☐ 1 lemon zest (zest)
- ☐ 2 tablespoons pomegranate molasses
- ☐ 0.3 cup pomegranate seeds
- ☐ 4 servings salt (to taste)
- ☐ 2 cup water

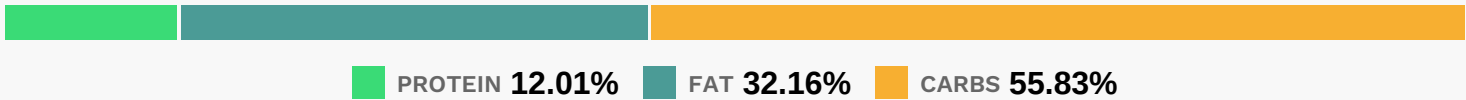
Equipment

- ☐ bowl
- ☐ baking sheet

Directions

- ☐ Bring the water to a boil, turn off the heat, mix in the bulgur and let sit, covered for 20 minutes.
- ☐ Meanwhile, place the grape tomatoes on a baking sheet with the cut side up and broil until softened, about 6–8 minutes.
- ☐ Mix the bulgur, tomatoes, chickpeas, pomegranate seeds, feta, almond slivers, lemon zest, mint, and salt in a large bowl.
- ☐ Mix the pomegranate molasses, lemon juice, oil and pepper flakes in a small bowl.
- ☐ Toss the salad in the dressing to coat.

Nutrition Facts



Properties

Glycemic Index:66.76, Glycemic Load:16.2, Inflammation Score:-8, Nutrition Score:20.819130534711%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg 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: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 382.27kcal (19.11%), Fat: 14.34g (22.05%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 55.99g (18.66%), Net Carbohydrates: 43.44g (15.8%), Sugar: 15g (16.67%), Cholesterol: 8.34mg (2.78%), Sodium: 326.61mg (14.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Manganese: 1.81mg (90.73%), Fiber: 12.55g (50.21%), Magnesium: 114.47mg (28.62%), Vitamin C: 22.97mg (27.84%), Folate: 110.59µg (27.65%), Phosphorus: 272.49mg (27.25%), Vitamin E: 3.73mg (24.85%), Vitamin A: 1157.04IU (23.14%), Copper: 0.45mg (22.47%), Potassium: 646.18mg (18.46%), Vitamin K: 17.98µg (17.12%), Vitamin B6: 0.34mg (17.09%), Iron: 2.88mg (16.01%), Vitamin B3: 3.14mg (15.7%), Vitamin B2: 0.26mg (15.26%), Vitamin B1: 0.21mg (14.12%), Zinc: 2.07mg (13.82%), Calcium: 119.34mg (11.93%), Vitamin B5: 0.77mg (7.73%), Selenium: 4.17µg (5.95%), Vitamin B12: 0.16µg (2.64%)