



Skinny Thai Salad with Peanut Dressing

 Vegetarian  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup chicken broth reduced-sodium
- 0.5 cup bulgur
- 10 oz edamame frozen shelled cascadian farm®
- 1 medium bell pepper sweet red seeded cut into thin bite-size strips
- 0.5 cup carrots shredded
- 0.5 cup onion red thinly sliced
- 2 tablespoons cilantro leaves fresh snipped
- 4 cups pkt spinach fresh

- 2 tablespoons powdered milk finely chopped
- 1 peanuts (below)
- 0.3 cup water
- 3 tablespoons creamy peanut butter reduced-fat
- 2 tablespoons soy sauce reduced-sodium
- 1 teaspoon sugar
- 0.3 teaspoon ground ginger
- 0.1 teaspoon pepper red crushed
- 1 clove garlic minced

Equipment

- bowl
- sauce pan
- whisk

Directions

- In a medium saucepan, bring broth to boiling; add uncooked bulgur. Return to boiling; reduce heat. Cover and simmer about 15 minutes or until bulgur is tender and most of the liquid is absorbed.
- Drain if necessary. Meanwhile, prepare edamame according to package directions.
- Transfer bulgur and edamame to a large bowl; stir in sweet pepper, carrot, red onion, and cilantro.
- Divide spinach among four serving plates. Top with bulgur mixture; drizzle with Peanut Dressing.
- Sprinkle with peanuts.
- Peanut Dressing: In a small saucepan, combine 1/3 cup water, 3 tablespoons reduced-fat creamy peanut butter, 2 tablespoons reduced-sodium soy sauce, 1 teaspoon sugar, 1/4 teaspoon ground ginger, 1/8 teaspoon crushed red pepper, and 1 clove garlic, minced.
- Whisk constantly over medium-low heat about 3 minutes or until smooth and slightly thickened (mixture will appear curdled at first but will become smooth as it's whisked over the heat). Makes about 2/3 cup.

Nutrition Facts

PROTEIN 21.3% FAT 31.32% CARBS 47.38%

Properties

Glycemic Index:97.54, Glycemic Load:7.88, Inflammation Score:-10, Nutrition Score:25.773913207261%

Flavonoids

Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 286.52kcal (14.33%), Fat: 10.52g (16.19%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 35.82g (11.94%), Net Carbohydrates: 26.96g (9.8%), Sugar: 8.8g (9.78%), Cholesterol: 3.64mg (1.21%), Sodium: 413.13mg (17.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Vitamin K: 149.7µg (142.57%), Vitamin A: 6486.66IU (129.73%), Vitamin C: 49.55mg (60.06%), Manganese: 1.16mg (57.93%), Fiber: 8.86g (35.45%), Potassium: 907.46mg (25.93%), Folate: 99.46µg (24.86%), Magnesium: 90.73mg (22.68%), Iron: 3.89mg (21.63%), Vitamin B3: 4.17mg (20.85%), Phosphorus: 189.71mg (18.97%), Vitamin B6: 0.35mg (17.34%), Vitamin E: 2.38mg (15.84%), Calcium: 153.76mg (15.38%), Vitamin B2: 0.22mg (13.18%), Copper: 0.21mg (10.72%), Vitamin B1: 0.13mg (8.92%), Zinc: 1.22mg (8.13%), Vitamin B5: 0.61mg (6.14%), Selenium: 2.21µg (3.15%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.39µg (2.63%)