



Slow-Cooker Mediterranean Bulgur and Lentils

READY IN



225 min.

SERVINGS



8

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cracked wheat uncooked
- 0.5 cup lentils dried rinsed
- 1 teaspoon ground cumin
- 0.3 teaspoon salt
- 3 cloves garlic finely chopped
- 15.3 oz corn whole drained canned
- 28 oz chicken broth canned
- 1.5 cups tomatoes chopped
- 0.5 cup kalamata olives pitted drained

4 oz feta crumbled reduced-fat

Equipment

slow cooker

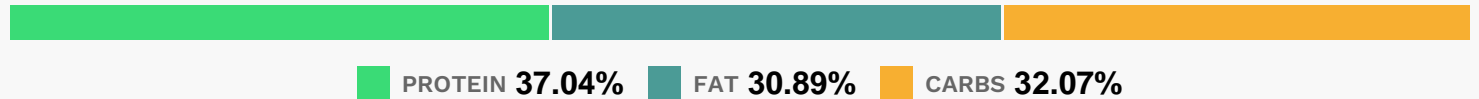
Directions

In 3- to 4-quart slow cooker, mix all ingredients except tomatoes, olives and cheese.

Cover; cook on Low heat setting 3 to 4 hours or until lentils are tender.

Stir in tomatoes and olives. Increase heat setting to High. Cover; cook 15 minutes longer. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:12.44695647644%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 375.23kcal (18.76%), Fat: 12.96g (19.94%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 23.85g (8.67%), Sugar: 1.55g (1.72%), Cholesterol: 57.21mg (19.07%), Sodium: 899.93mg (39.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.95%), Phosphorus: 296.32mg (29.63%), Selenium: 19.5µg (27.86%), Fiber: 6.43g (25.73%), Zinc: 3.28mg (21.88%), Folate: 79.64µg (19.91%), Iron: 3.22mg (17.91%), Vitamin B3: 3.32mg (16.6%), Vitamin B12: 0.99µg (16.54%), Vitamin B6: 0.29mg (14.67%), Potassium: 476.2mg (13.61%), Manganese: 0.25mg (12.45%), Magnesium: 44.64mg (11.16%), Vitamin A: 449.46IU (8.99%), Vitamin B1: 0.13mg (8.59%), Vitamin B2: 0.14mg (8.27%), Copper: 0.16mg (8.04%), Vitamin C: 5.64mg (6.84%), Vitamin E: 0.86mg (5.72%), Vitamin K: 5.24µg (4.99%), Calcium: 33.28mg (3.33%), Vitamin B5: 0.29mg (2.9%)