



Smoked trout & bulgur wheat salad

 Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 100 g bulgur
- ☐ 1 juice of lemon
- ☐ 2 garlic clove crushed
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 4 servings tomatoes diced ripe halved deseeded
- ☐ 4 spring onion finely sliced
- ☐ 60 g flat parsley roughly chopped
- ☐ 1 handful mint leaves fresh roughly chopped

- ☐ 400 g trout smoked
- ☐ 3 tbsp greek yogurt
- ☐ 1 tsp optional: dill chopped

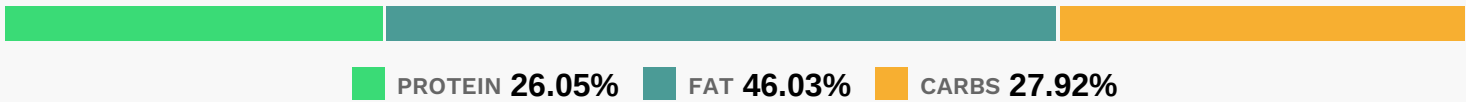
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook bulgur wheat according to pack instructions, and leave to cool. Make a dressing: whisk the lemon juice, garlic and olive oil together and season to taste.
- ☐ Tip the bulgur wheat into a bowl, add the tomatoes, spring onions, parsley and mint.
- ☐ Pour the dressing in and stir to combine. Flake the trout into chunks discarding skin and bone. Gently fold into the salad.
- ☐ Mix the yogurt and dill together in a small bowl, adding enough water to give the consistency of pouring cream. Season to taste and serve alongside the salad to drizzle on top.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:9.07, Inflammation Score:-10, Nutrition Score:36.575217039689%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 32.39mg, Apigenin: 32.39mg, Apigenin: 32.39mg, Apigenin: 32.39mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 410.36kcal (20.52%), Fat: 21.52g (33.11%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 21.7g (7.89%), Sugar: 5.82g (6.46%), Cholesterol: 58.56mg (19.52%), Sodium: 80.56mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.82%), Vitamin K: 294.09µg (280.08%), Vitamin B12: 7.87µg (131.15%), Manganese: 1.9mg (95.02%), Vitamin C: 51.08mg (61.91%), Vitamin A: 2987.33IU (59.75%), Phosphorus: 395.28mg (39.53%), Vitamin B3: 7.17mg (35.83%), Vitamin B1: 0.5mg (33.48%), Fiber: 7.68g (30.71%), Potassium: 1041.94mg (29.77%), Vitamin B2: 0.45mg (26.73%), Vitamin D: 3.9µg (26%), Vitamin B5: 2.49mg (24.9%), Vitamin B6: 0.48mg (24.05%), Magnesium: 95.58mg (23.89%), Vitamin E: 3.4mg (22.63%), Iron: 3.88mg (21.55%), Copper: 0.42mg (21.06%), Selenium: 14.6µg (20.85%), Folate: 80.74µg (20.18%), Calcium: 117.36mg (11.74%), Zinc: 1.75mg (11.65%)