



WHATSheATE



HEALTH SCORE

60%

Spiced bulgur, chickpea & squash salad



Vegetarian



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 butternut squash peeled seeded cut into small chunks
- ☐ 2 bell pepper red seeded roughly sliced
- ☐ 2 tbsp harissa
- ☐ 1 tbsp cooking oil
- ☐ 140 g bulgur
- ☐ 600 ml vegetable stock hot
- ☐ 1 garlic clove crushed
- ☐ 0.5 juice of lemon

- ☐ 150 g yogurt
- ☐ 400 g garbanzo beans drained and rinsed canned
- ☐ 180 g baby spinach

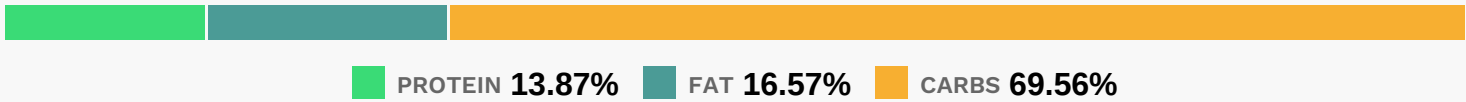
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 200c/fan 180c/gas
- ☐ Toss the squash and red pepper in the harissa paste and oil.
- ☐ Spread the chunks out on a large baking tray and roast for 20 mins until softened and the edges of the vegetables are starting to char.
- ☐ Meanwhile put the bulgur wheat in a large bowl and pour over the hot stock, then cover tightly with cling film and leave to absorb the liquid for 15 mins until the grains are tender, but still have a little bite. In a separate bowl, mix the garlic and lemon juice into the yogurt and season to taste.
- ☐ Let the bulgur wheat cool slightly then toss in the roasted vegetables, chickpeas and spinach the leaves may wilt a little. Season, if you want, drizzle with the garlicky yogurt and serve warm.

Nutrition Facts



Properties

Glycemic Index:61.33, Glycemic Load:15.35, Inflammation Score:-10, Nutrition Score:40.149999991707%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 2.88mg,

Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 388kcal (19.4%), Fat: 7.71g (11.86%), Saturated Fat: 1.44g (8.98%), Carbohydrates: 72.83g (24.28%), Net Carbohydrates: 55.83g (20.3%), Sugar: 11.07g (12.3%), Cholesterol: 4.88mg (1.63%), Sodium: 1043.27mg (45.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.52g (29.04%), Vitamin A: 26437.77IU (528.76%), Vitamin K: 225.97µg (215.21%), Vitamin C: 131.35mg (159.22%), Manganese: 2.75mg (137.42%), Fiber: 17g (68.01%), Vitamin B6: 1.18mg (58.87%), Folate: 203.82µg (50.95%), Magnesium: 196.65mg (49.16%), Potassium: 1416.89mg (40.48%), Vitamin E: 5.36mg (35.73%), Phosphorus: 325.37mg (32.54%), Iron: 4.97mg (27.63%), Vitamin B3: 5.24mg (26.17%), Vitamin B1: 0.39mg (25.86%), Copper: 0.49mg (24.49%), Calcium: 234.42mg (23.44%), Vitamin B5: 1.79mg (17.88%), Vitamin B2: 0.29mg (16.96%), Zinc: 2.28mg (15.19%), Selenium: 5.27µg (7.53%), Vitamin B12: 0.14µg (2.31%)