

## Spicy Kasha Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon pomegranate molasses to taste (or pomegranate molasses)
- 1 cup bulgar wheat
- 1 cup chickpeas cooked
- 0.5 large cucumber peeled seeded cut into 1/4-inch cubes
- 0.5 cup mint leaves fresh chopped
- 0.5 cup spring onion thinly sliced
- 0.3 cup juice of lemon freshly squeezed
- 0.5 cup parsley chopped

- 1 teaspoon pepper flakes hot
- 0.5 teaspoon salt to taste ()
- 2 medium tomatoes chopped fine
- 2 cups vegetable stock
- 1 tablespoon water
- 0.5 bell pepper yellow chopped

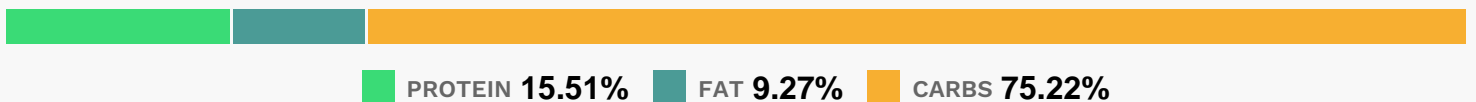
## Equipment

- sauce pan

## Directions

- Heat 2 cups of vegetable broth (or heat water and add vegetable bouillon). While you're waiting for it to come to a boil, toast the kasha in a large, dry saucepan for about 3 minutes, or until it releases a nutty aroma. When the broth reaches a boil, add it carefully to the kasha (watch out for spatters!) Cover and turn the heat very low. Cook until kasha is tender and all liquid is absorbed, 5-10 minutes.
- Remove from heat, fluff, and allow to cool. Kasha can be refrigerated and stored overnight, if necessary.
- Add all chopped vegetables and the chickpeas to the kasha.
- Mix the lemon juice and remaining ingredients well and add them to the kasha, stirring so that the dressing is distributed evenly.
- Serve mounded in the center of a large platter, with butternut lettuce leaves. To eat, spoon some of the salad into a lettuce leaf and eat like a taco or burrito.

## Nutrition Facts



## Properties

Glycemic Index:35.59, Glycemic Load:8.68, Inflammation Score:-8, Nutrition Score:13.619130279707%

## Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

## **Nutrients (% of daily need)**

Calories: 131.33kcal (6.57%), Fat: 1.45g (2.23%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 21.65g (7.87%), Sugar: 3.81g (4.23%), Cholesterol: 0mg (0%), Sodium: 388.22mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Vitamin K: 79.03µg (75.27%), Vitamin C: 29.59mg (35.87%), Manganese: 0.6mg (29.77%), Fiber: 4.78g (19.14%), Vitamin A: 918.39IU (18.37%), Copper: 0.37mg (18.35%), Magnesium: 71.3mg (17.83%), Folate: 65.21µg (16.3%), Phosphorus: 128.44mg (12.84%), Vitamin B3: 2mg (10%), Potassium: 333.77mg (9.54%), Iron: 1.7mg (9.43%), Vitamin B2: 0.13mg (7.83%), Vitamin B6: 0.14mg (6.83%), Zinc: 1.02mg (6.8%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.44mg (4.43%), Calcium: 37.41mg (3.74%), Selenium: 2.61µg (3.73%), Vitamin E: 0.32mg (2.14%)