



Vegetable Bulgur Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby spinach
- ☐ 0.8 cup bulgur
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 1 lb eggplant italian halved lengthwise
- ☐ 1 slices cucumber english quartered
- ☐ 0.5 cup basil fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 small onion red chopped

- ☐ 2 tablespoons balsamic vinaigrette salad dressing
- ☐ 1 cup water
- ☐ 1.5 lb to 3 sized squashes yellow sliced

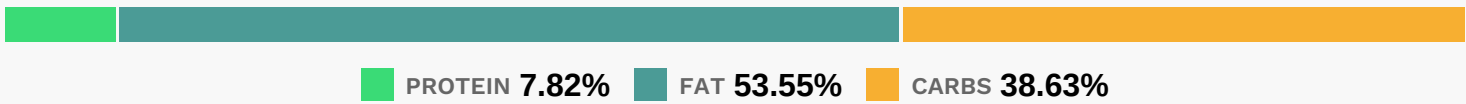
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Combine bulgur and boiling-hot water in a bowl and let stand, covered, 20 minutes. Fluff with a fork and season with salt and pepper. Cool slightly.
- ☐ While bulgur stands, heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté squash and onion with salt and pepper to taste, stirring, until tender, about 5 minutes.
- ☐ Transfer cooked vegetables with a slotted spoon to a large plate to cool.
- ☐ Add remaining 3 tablespoons oil to skillet and heat over moderately high heat until hot but not smoking, then sauté eggplant with salt and pepper to taste (add more oil, 1 tablespoon at a time, if necessary), stirring, until golden brown and tender, about 6 minutes.
- ☐ Transfer eggplant with slotted spoon to plate to cool.
- ☐ Gently toss cooked vegetables with bulgur, tomatoes, cucumber, spinach, basil, vinaigrette, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:4.98, Inflammation Score:-8, Nutrition Score:13.254782754442%

Flavonoids

Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg, Delphinidin: 48.59mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg
Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg,
Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 181.39kcal (9.07%), Fat: 11.51g (17.71%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 18.68g (6.23%), Net
Carbohydrates: 13.09g (4.76%), Sugar: 5.09g (5.66%), Cholesterol: 0mg (0%), Sodium: 14.58mg (0.63%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Vitamin K: 59.05µg (56.24%), Manganese: 0.8mg
(40.14%), Vitamin C: 21.59mg (26.17%), Fiber: 5.59g (22.37%), Vitamin A: 1026.18IU (20.52%), Vitamin B6: 0.32mg
(16.2%), Folate: 60.98µg (15.25%), Potassium: 512.65mg (14.65%), Magnesium: 55.01mg (13.75%), Vitamin E: 1.98mg
(13.22%), Vitamin B2: 0.18mg (10.72%), Phosphorus: 99.53mg (9.95%), Copper: 0.17mg (8.56%), Vitamin B3: 1.6mg
(8%), Vitamin B1: 0.11mg (7.53%), Iron: 1.18mg (6.56%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.71mg (4.72%), Calcium:
39.78mg (3.98%), Selenium: 0.94µg (1.34%)