



HEALTH SCORE

98%

Veggie Bulgur Salad (Kisir)



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup bulgur fine



1 cucumber diced



0.5 cup mint leaves fresh minced



0.5 cup parsley fresh minced



2 bell peppers green finely chopped



7 green onions finely chopped



1 juice of lemon fresh



2 tablespoons olive oil

- ☐ 1 onion finely chopped
- ☐ 2 tablespoons pomegranate molasses
- ☐ 1 bell pepper red finely chopped
- ☐ 1 teaspoon pepper flakes red to taste
- ☐ 2 large tomatoes finely chopped
- ☐ 1 cup water boiling

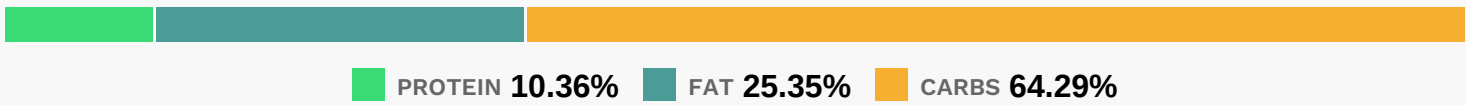
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place the bulgur in a bowl; stir in the boiling water. Cover and let stand for 20 minutes.
- ☐ Meanwhile, heat 2 tablespoons olive oil in a skillet over medium heat. Stir in the chopped onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Drain the bulgur and return it to the bowl.
- ☐ Add the cooked onion, chopped tomatoes, cucumber, green and red bell peppers, green onions, parsley, mint, and red pepper flakes.
- ☐ Drizzle with 2 tablespoons olive oil, the lemon juice, and the pomegranate molasses. Toss gently until the salad is thoroughly combined.
- ☐ Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:38.83, Glycemic Load:8.05, Inflammation Score:-9, Nutrition Score:20.871304076651%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin:

0.48mg Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 182.68kcal (9.13%), Fat: 5.48g (8.44%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 23.59g (8.58%), Sugar: 7.8g (8.66%), Cholesterol: 0mg (0%), Sodium: 24.5mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.09%), Vitamin K: 126.96µg (120.91%), Vitamin C: 80.96mg (98.13%), Manganese: 0.99mg (49.59%), Vitamin A: 2130.78IU (42.62%), Fiber: 7.71g (30.84%), Vitamin B6: 0.35mg (17.48%), Magnesium: 68.61mg (17.15%), Potassium: 544.85mg (15.57%), Folate: 60.9µg (15.23%), Phosphorus: 125.68mg (12.57%), Vitamin E: 1.74mg (11.61%), Copper: 0.23mg (11.4%), Vitamin B3: 2.22mg (11.12%), Iron: 1.9mg (10.57%), Vitamin B1: 0.15mg (10.06%), Vitamin B2: 0.11mg (6.69%), Zinc: 0.94mg (6.28%), Vitamin B5: 0.6mg (5.95%), Calcium: 59.53mg (5.95%), Selenium: 0.86µg (1.23%)