



WHATSheATE



HEALTH SCORE

51%

Whole Grain, Feta, and Olive Salad

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgur wheat
- ☐ 1 cup carrots shredded
- ☐ 1 cup fennel bulb thinly sliced
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 0.5 cup kalamata olives pitted
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons red-wine vinegar
- ☐ 0.5 cup roasted salted

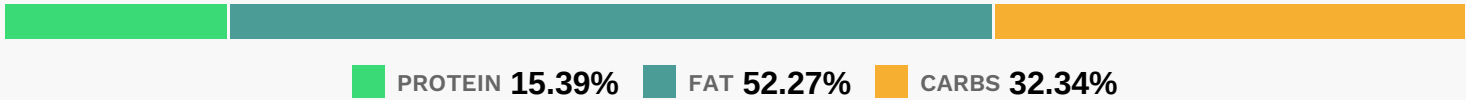
Equipment

☐ bowl

Directions

- ☐ Place bulgur in a medium bowl and add 2 1/2 cups boiling water.
- ☐ Let sit until tender, 15 to 20 minutes.
- ☐ Pour off any remaining water.
- ☐ Add rest of ingredients, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:11.27, Inflammation Score:-10, Nutrition Score:25.88956521905%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 401.66kcal (20.08%), Fat: 24.02g (36.96%), Saturated Fat: 6.47g (40.41%), Carbohydrates: 33.45g (11.15%), Net Carbohydrates: 24.67g (8.97%), Sugar: 2.67g (2.97%), Cholesterol: 43.86mg (14.62%), Sodium: 645.34mg (28.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.92g (31.83%), Vitamin K: 150.42µg (143.26%), Vitamin A: 6195.97IU (123.92%), Manganese: 1.18mg (58.98%), Fiber: 8.78g (35.12%), Phosphorus: 294.78mg (29.48%), Vitamin B6: 0.53mg (26.48%), Vitamin B3: 4.36mg (21.81%), Vitamin B2: 0.37mg (21.7%), Magnesium: 83.92mg (20.98%), Vitamin E: 3.09mg (20.61%), Calcium: 194.42mg (19.44%), Selenium: 13.59µg (19.42%), Vitamin B1: 0.29mg (19.28%), Vitamin C: 14.51mg (17.59%), Zinc: 2.23mg (14.89%), Potassium: 515.82mg (14.74%), Iron: 2.12mg (11.76%), Folate: 42.38µg (10.6%), Vitamin B12: 0.63µg (10.5%), Vitamin B5: 1.03mg (10.32%), Copper: 0.2mg (10.22%), Vitamin D: 0.23µg (1.54%)