



Wild-Style Grains N' Thangs



Vegetarian



Vegan



Dairy Free

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READY IN

ready

26 min.

SERVINGS

servings

4

CALORIES

calories

169 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgur wheat fine-grained
- ☐ 0.5 lemon zest juiced
- ☐ 0.3 cup mint leaves chopped
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 cups vegetable broth

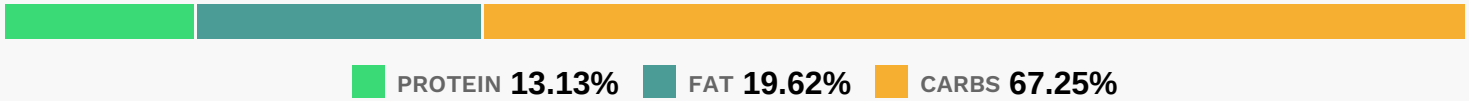
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring broth to a boil over high heat.
- ☐ Remove from heat, add bulgur and lemon zest, cover, and let sit for 5 to 7 minutes, until bulgur has absorbed all the water.
- ☐ Transfer to a serving bowl, mix in almonds, mint, red pepper, lemon juice and salt and pepper, to taste.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:10.22, Inflammation Score:-6, Nutrition Score:10.084782621135%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 168.64kcal (8.43%), Fat: 3.94g (6.06%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 22.62g (8.22%), Sugar: 1.5g (1.67%), Cholesterol: 0mg (0%), Sodium: 485.15mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Manganese: 1.28mg (63.77%), Fiber: 7.75g (31.01%), Magnesium: 78.9mg (19.73%), Phosphorus: 141.27mg (14.13%), Vitamin E: 1.94mg (12.95%), Vitamin B3: 2.14mg (10.72%), Vitamin A: 522.14IU (10.44%), Copper: 0.2mg (10.15%), Vitamin B2: 0.13mg (7.66%), Iron: 1.36mg (7.54%), Vitamin B6: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.61%), Potassium: 221.26mg (6.32%), Zinc: 0.94mg (6.28%), Vitamin B5: 0.42mg (4.15%), Calcium: 40.34mg (4.03%), Folate: 15.88µg (3.97%), Vitamin C: 1.87mg

(2.26%), Selenium: 1.19µg (1.71%), Vitamin K: 1.36µg (1.29%)