



Woodland Bundles

 Dairy Free

READY IN



60 min.

SERVINGS



16

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup bulgur
- ☐ 0.3 cup currants dried
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup pinenuts toasted
- ☐ 20 large romaine leaves (from 2 to 3 heads; not hearts)
- ☐ 0.3 cup trout smoked shredded finely

- ☐ 2 cups water

Equipment

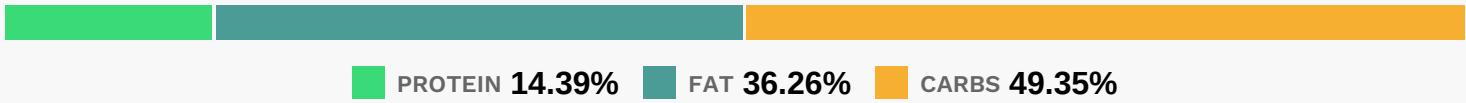
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ rolling pin
- ☐ tongs

Directions

- ☐ Bring water to a boil with 1/2 teaspoon salt.
- ☐ Pour over bulgur in a heatproof bowl and let stand, uncovered, until bulgur is tender but still chewy, about 15 minutes.
- ☐ Drain well in a sieve, then transfer to a bowl.
- ☐ Add trout, currants, pine nuts, lemon juice, walnut oil, and 1/2 teaspoon each of salt and pepper, stirring gently to combine.
- ☐ While bulgur stands, bring a 6- to 8-quarts pot of salted water to a boil (2 tablespoons salt for 4 quarts water) and add baking soda. Blanch romaine leaves in batches until slightly wilted but still bright green, about 1 minute.
- ☐ Remove with tongs and plunge into an ice bath.
- ☐ Line a work surface with 3 layers of paper towel, then arrange 2 lettuce leaves, rib sides down, on paper towels. Top with 3 more layers of paper towel, then roll over leaves with a rolling pin, crushing ribs.
- ☐ Remove top layers of paper towel. Trim enough from bottom of each leaf to form an 8-inch-long leaf. Repeat with remaining leaves, replacing paper towels as needed. (You will have 4 extra leaves, in case any tear.)
- ☐ Arrange 1 leaf with wider end nearest you. Put 2 tablespoons of filling 1 1/2 inches from bottom of leaf.
- ☐ Roll up, gently squeezing to compact filling and keeping a 1/2-inch border on either side free of filling, and fold in sides as you roll.

- ☐
- Transfer, seam side down, to a plate. Make 15 more bundles in same manner. Just before serving, drizzle with walnut oil.
- ☐
- Bundles can be assembled 1 day ahead and chilled in an airtight container.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:8.445652137632%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 62.08kcal (3.1%), Fat: 2.69g (4.14%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 6.12g (2.23%), Sugar: 1.96g (2.17%), Cholesterol: 3.92mg (1.31%), Sodium: 77.57mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin A: 3055.68IU (61.11%), Vitamin K: 37.74µg (35.94%), Manganese: 0.45mg (22.57%), Folate: 50.82µg (12.7%), Fiber: 2.12g (8.47%), Magnesium: 23.63mg (5.91%), Phosphorus: 56.52mg (5.65%), Potassium: 161.04mg (4.6%), Copper: 0.08mg (3.98%), Iron: 0.68mg (3.77%), Vitamin B6: 0.07mg (3.74%), Vitamin B1: 0.05mg (3.64%), Vitamin B3: 0.68mg (3.42%), Selenium: 2.05µg (2.93%), Vitamin B2: 0.05mg (2.76%), Vitamin C: 2.07mg (2.51%), Zinc: 0.38mg (2.51%), Vitamin E: 0.38mg (2.51%), Vitamin B12: 0.13µg (2.13%), Calcium: 17.96mg (1.8%), Vitamin B5: 0.16mg (1.6%)