



Zucchini Boats with Bulgur

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SIDE DISH

Ingredients

- 0.8 cup bulgur uncooked
- 0.3 cup currants dried
- 3 ounces feta cheese crumbled finely
- 2 tablespoons mint leaves fresh minced
- 2 tablespoons parsley fresh minced
- 2 garlic cloves minced
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lemon fresh

- 2 teaspoons olive oil
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 0.8 cup water boiling
- 1.5 pounds zucchini

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Combine bulgur and boiling water in a bowl; stir well. Cover and let stand 30 minutes.
- Preheat oven to 37
- Cut each zucchini in half lengthwise; scoop out pulp, leaving a 1/4-inch-thick shell, and set shells aside. Chop pulp to measure 1 1/2 cups.
- Heat oil in a large nonstick skillet over medium heat.
- Add 1 1/2 cups zucchini pulp, onion, cumin, and garlic; saut 1 minute.
- Add bulgur, cheese, and next 6 ingredients (cheese through pepper); stir well.
- Spoon 1/3 cup bulgur mixture into each zucchini shell, and place in a 13 x 9-inch baking dish. Cover and bake at 375 for 25 minutes.
- Note: To make a Zucchini-Bulgur
- Bake, replace zucchini pulp with 1 1/2 cups peeled, chopped zucchini. Spoon bulgur mixture into a 1-quart casserole instead of shells. Cover and bake at 375 for 25 minutes.

Nutrition Facts



PROTEIN 14.44% FAT 26.44% CARBS 59.12%

Properties

Glycemic Index:60, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:19.339565227861%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg, Quercetin: 9.3mg

Nutrients (% of daily need)

Calories: 241.95kcal (12.1%), Fat: 7.62g (11.73%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 30.4g (11.05%), Sugar: 11.89g (13.21%), Cholesterol: 18.92mg (6.31%), Sodium: 415.99mg (18.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Manganese: 1.28mg (64%), Vitamin C: 40.67mg (49.29%), Vitamin K: 42.89µg (40.85%), Fiber: 7.95g (31.78%), Vitamin B6: 0.56mg (27.99%), Phosphorus: 242.25mg (24.23%), Vitamin B2: 0.41mg (23.83%), Magnesium: 89.89mg (22.47%), Potassium: 736.08mg (21.03%), Folate: 70.68µg (17.67%), Calcium: 173.5mg (17.35%), Vitamin A: 717.19IU (14.34%), Vitamin B1: 0.21mg (14.17%), Vitamin B3: 2.61mg (13.03%), Copper: 0.25mg (12.71%), Zinc: 1.85mg (12.31%), Iron: 2.06mg (11.43%), Vitamin B5: 0.92mg (9.17%), Selenium: 4.63µg (6.62%), Vitamin B12: 0.36µg (5.99%), Vitamin E: 0.6mg (3.98%)