



Zucchini Köfte with Beet-Bulgur Pilaf

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



1033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beets diced with greens, beets peeled and (1/4 inch), stems discarded, and greens coarsely chopped
- ☐ 2.3 cups bulgur
- ☐ 1 cup garbanzo beans canned rinsed drained
- ☐ 0.5 cup cilantro leaves packed
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 cup breadcrumbs plain dry fine
- ☐ 0.5 cup flat parsley packed
- ☐ 1 garlic minced

- ☐ 2 garlic clove finely chopped
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 medium onion chopped
- ☐ 1 cup yogurt plain (preferably Greek)
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 tablespoons butter unsalted
- ☐ 4 cups vegetable oil for frying
- ☐ 4 cups water
- ☐ 1 pound zucchini (3 medium)

Equipment

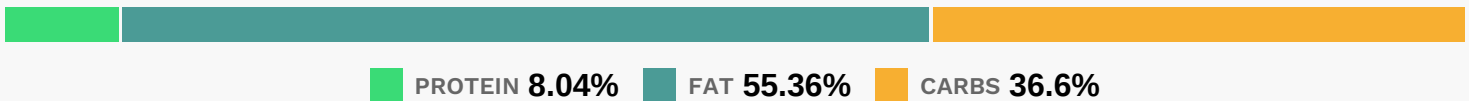
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Coarsely grate zucchini in a food processor fitted with the medium shredding disk. Toss with 1 teaspoon salt in a colander.
- ☐ Let stand 10 minutes.
- ☐ Pulse garlic, parsley, and cilantro in food processor until finely chopped.
- ☐ Wrap zucchini in a kitchen towel (not terry cloth) and twist to wring out as much liquid as possible.
- ☐ With a fork, then toss with zucchini, garlic mixture, spices, bread crumbs, and 1/4 teaspoon pepper in a large bowl.

- ☐ Roll 2-tablespoons portions into balls and chill köfte in a 4-sided sheet pan while making bulgur.
- ☐ Cook onion and garlic in oil and butter in a deep 10-inch heavy skillet over medium heat, stirring occasionally, until golden brown, 5 to 7 minutes. Stir in bulgur, 1/2 teaspoon salt, and 1/8 teaspoon pepper and cook, stirring, until fragrant and a shade darker, about 4 minutes.
- ☐ Stir in beets (but not greens) and water and bring to a boil. Reduce heat to low and simmer, covered, until water is absorbed and beets are tender, about 20 minutes. Stir in greens and cook until just wilted, about 1 minute. Fluff bulgur with a fork, then sprinkle with almonds.
- ☐ Heat 1 inch oil in a deep 12-inch heavy skillet over medium heat until it shimmers. Fry köfte in 2 batches, turning once, until golden brown, 2 to 3 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Stir together yogurt, garlic, cilantro, and 1/8 teaspoon salt.
- ☐ Serve warm köfte and bulgur with sauce.

Nutrition Facts



Properties

Glycemic Index:95.83, Glycemic Load:29.56, Inflammation Score:-10, Nutrition Score:39.485217483147%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 1033.45kcal (51.67%), Fat: 66.11g (101.71%), Saturated Fat: 13.42g (83.9%), Carbohydrates: 98.34g (32.78%), Net Carbohydrates: 75.11g (27.31%), Sugar: 16.19g (17.99%), Cholesterol: 23.01mg (7.67%), Sodium: 372.13mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Vitamin K: 222.49µg (211.89%), Manganese: 3.75mg (187.68%), Fiber: 23.22g (92.9%), Magnesium: 236.51mg (59.13%), Folate: 223.33µg (55.83%),

Phosphorus: 502.65mg (50.27%), Vitamin E: 7.45mg (49.65%), Vitamin C: 39.59mg (47.99%), Vitamin B6: 0.85mg (42.26%), Potassium: 1347.6mg (38.5%), Copper: 0.68mg (34.13%), Vitamin B3: 6.43mg (32.17%), Vitamin B1: 0.48mg (31.81%), Iron: 5.72mg (31.8%), Vitamin B2: 0.52mg (30.46%), Vitamin A: 1298.88IU (25.98%), Zinc: 3.62mg (24.16%), Calcium: 237.56mg (23.76%), Vitamin B5: 1.81mg (18.05%), Selenium: 9.41µg (13.44%), Vitamin B12: 0.29µg (4.76%), Vitamin D: 0.17µg (1.11%)