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Bulgur with Apricots and Almonds

Bulgur with Apricots and Almonds is a delicious and nutritious dish that combines the chewy texture of bulgur with the sweetness of apricots and the crunch of almonds. It is a versatile recipe that can be enjoyed as a main course or as a side dish. The dish originated in the Middle East and is popular in Mediterranean cuisine. It is often served during special occasions and celebrations.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Bulgur
150 g	Dried Apricots
100 g	almonds
2 tbsp	olive oil

1 medium	onion
2 cloves	garlic
2 c	vegetable broth
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	Parsley

Directions

Step 1

In a large bowl, soak the bulgur in water for 10 minutes. Drain and set aside.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the onion and garlic and cook until softened, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Add the soaked bulgur to the skillet and cook for 2 minutes, stirring constantly.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Simmering

Add the vegetable broth, salt, and black pepper to the skillet. Bring to a boil, then reduce heat to low and cover. Simmer for 15 minutes or until the bulgur is tender.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove from heat and let the bulgur rest for 5 minutes. Fluff with a fork.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stirring

Stir in the dried apricots, almonds, and parsley. Serve warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 11 g

Protein: 10 g

Carbohydrates: 55 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	55 g	100%	110%
Fibers	10 g	26.32%	40%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	11 g	39.29%	44%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Meal Type

Brunch

Lunch

Dinner

Snack

Difficulty Level

Medium

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