

Kisir - Turkish bulgur salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/kisir-recipe-almost-turkish>

Ingredients:

- 1/2 cup bulgur
- 1/2 cup water 120ml
- 1 tablespoon tomato paste
- 1 tablespoon virgin olive oil
- 1 tablespoon pomegranate molasses
- 1 tablespoon lemon juice
- 1 tomato
- 1/4 cucumber
- 2 tablespoons parsley

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 20 grams
3. Fat: 3.5 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 40 milligrams
7. Sugar: 5 grams

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