

Bulgur, Celery and Pomegranate Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-christmas-pomegranate-salad-recipe>

Ingredients:

- 2/3 cup bulgur medium or coarse
- 1 pound celery a small head, cut in thin slices on a slight bias
- 1/2 pomegranate large
- 3/4 cup walnuts roughly chopped
- 1 bunch flat-leaf parsley
- 1 fresh mint scant tablespoon, finely chopped
- 1/2 pomegranate large
- 1/2 garlic clove
- 1/2 teaspoon salt
- 6 tablespoons extra-virgin olive oil

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 38 grams
3. Fat: 36 grams
4. Fiber: 11 grams
5. Protein: 9 grams
6. SaturatedFat: 4 grams
7. Sodium: 400 milligrams
8. Sugar: 13 grams

Thank you for visiting our website. Hope you enjoy Bulgur, Celery and Pomegranate Salad above. You can see more 18 mexican christmas pomegranate salad recipe Delight in these amazing recipes! to get more great cooking ideas.