

Veggie Bulgur Salad (Kisir)

Yield: 6 min
Total Time: 40 min

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

Ingredients:

- 1 cup bulgur fine
- 1 cup boiling water
- 2 tablespoons olive oil
- 1 onion finely chopped
- 2 tomatoes large, finely chopped
- 1 cucumber diced
- 2 green bell peppers finely chopped
- 1 red bell pepper finely chopped
- 7 green onions finely chopped
- 1/2 cup fresh parsley minced
- 1/2 cup fresh mint leaves minced
- 1 teaspoon red pepper flakes or to taste
- 2 tablespoons olive oil
- 1 fresh lemon
- 2 tablespoons pomegranate molasses

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 35 grams
3. Fat: 9 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 20 milligrams
8. Sugar: 9 grams

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