

Kisir Ingredients and Calories

-INGREDIENTS -

- Onion =39kcal
- Bulgur=71 calories
- Hot water=water has no calories value
- Olive oil=119 calories
- Garlic=10 calories
- Pepper paste=13 calories
- Tomato paste=4 calories
- Salt=optional
- Black pepper=optional
- Chili pepper=optional
- Cummin=optional
- Pomegranate syrup=30 calorie
- Green pepper=16 calorie
- Pinch of parsley=2 calorie
- Small cucumber=9 calorie
- Cherry tomatoes=100 calories



Total :413 Calories



Cauliflower Kisir Recipe

- ▶ First, wash the cauliflower well and put it through the food processor. It will be the size of bulgur.
- ▶ Second, add oil to the pan and saute the onions. Add the tomato paste and fry.
- ▶ Next, add the chopped cauliflower and cook, stirring for about 10 minutes.
- ▶ After that, finely chop the parsley, green onion and lettuce and add to the cauliflower.
- ▶ Then, add salt and spices to it.
- ▶ Add lemon juice and pomegranate syrup and mix well.

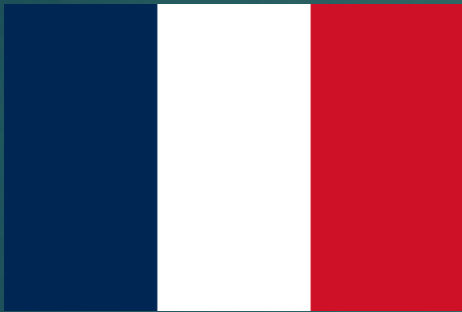


Information about Cauliflower Kısır

- ▶ Cauliflower is 38 calorie.
- ▶ 1 plate Cauliflower Kısır 145 calorie
- ▶ Moreover this recipe is gluten-free
- ▶ Contains vitamins A and C



Afiyet Olsun



Bon Appétit

- Enjoy your meal in Turkish we say Afiyet Olsun.

- In French Bon Appétit

- In Romanian Bucura-te de masa ta



Bucura-te de masa ta

