



Baby Tomato and Fresh Herb Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 pepper black freshly ground
- ☐ 1 cup bulgur wheat
- ☐ 0.5 cup flat-leaf parsley leaves finely chopped
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 1 juice of lemon juiced
- ☐ 2 pinches kosher salt
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 1 pint baby tomatoes washed and quartered
- ☐ 1.3 cups water boiling

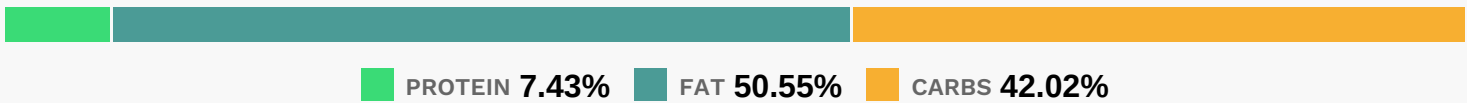
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine bulgur, a couple pinches of salt, and boiling water in a heat-proof bowl. Cover tightly with plastic wrap and let stand 20 minutes (check the directions on the packaging for your particular bulgur). Unwrap plastic and fluff with a fork.
- ☐ Toss bulgur with remaining ingredients and season, to taste, with salt and pepper.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:11.24, Inflammation Score:-9, Nutrition Score:21.0456522755%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 318.56kcal (15.93%), Fat: 18.97g (29.19%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 25.94g (9.43%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 216.56mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.55%), Vitamin K: 155.31µg (147.91%), Manganese: 1.77mg (88.44%), Vitamin A: 1989.08IU (39.78%), Vitamin C: 32.33mg (39.18%), Fiber: 9.56g (38.22%), Vitamin E: 3.36mg (22.42%), Magnesium: 87.32mg (21.83%), Potassium: 562.6mg (16.07%), Phosphorus: 149.82mg (14.98%),

Copper: 0.28mg (14.19%), Vitamin B3: 2.75mg (13.76%), Iron: 2.44mg (13.58%), Folate: 49.77µg (12.44%), Vitamin B6: 0.25mg (12.31%), Vitamin B1: 0.14mg (9.59%), Zinc: 1.09mg (7.26%), Calcium: 69.98mg (7%), Vitamin B5: 0.59mg (5.9%), Vitamin B2: 0.1mg (5.63%), Selenium: 1.03µg (1.47%)