

Basil and Bulgar Salad (aka Pesto Tabouli)

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



209 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 cup basil
- 1 cup cracked wheat fine (cracked wheat)
- 1 medium cucumber diced peeled
- 2 cloves garlic
- 1 juice of lemon
- 1 tbsp olive oil
- 4 servings salt to taste
- 2 medium tomatoes diced

- 1.5 cups vegetable stock fat-free
- 2 tbsp walnut pieces chopped

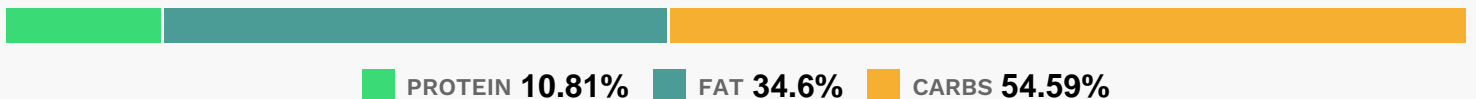
Equipment

- food processor

Directions

- Remove from the heat and cover.
- Let it stand about 20 minutes until wheat is tender and water is absorbed.
- Place the walnuts into the food processor and puree. Add the basil, garlic, and half of the lemon juice, and process until a coarse paste is formed.
- Add salt to taste.
- Combine the bulgur with the pesto, tomatoes, and cucumber, and toss well. Season to taste with the remaining lemon juice and olive oil (if desired).
- Serve at room temperature or chilled, garnished with additional basil. This can very easily be made into a main dish salad by adding chickpeas or white beans to the bulgar.
- Serve with a green salad for a terrific light meal.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:1.5, Inflammation Score:-7, Nutrition Score:8.9613043743631%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 208.54kcal (10.43%), Fat: 8.71g (13.41%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 25.14g (9.14%), Sugar: 3.41g (3.79%), Cholesterol: 0mg (0%), Sodium: 551.11mg (23.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Vitamin K: 35.64µg (33.95%), Fiber: 5.79g (23.17%), Vitamin A: 1054.27IU (21.09%), Manganese: 0.37mg (18.64%), Vitamin C: 14.55mg (17.64%), Phosphorus: 165.3mg (16.53%), Potassium: 404.35mg (11.55%), Iron: 1.88mg (10.44%), Copper: 0.18mg (9.02%), Folate: 26.78µg (6.7%), Vitamin B6: 0.13mg (6.65%), Magnesium: 25.36mg (6.34%), Vitamin E: 0.95mg (6.31%), Vitamin B1: 0.06mg (4.15%), Calcium: 32.03mg (3.2%), Zinc: 0.41mg (2.76%), Vitamin B3: 0.51mg (2.56%), Vitamin B5: 0.24mg (2.35%), Vitamin B2: 0.04mg (2.3%)