



Bulgur: Greek Tabbouleh

 Vegetarian

READY IN



8 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups bulgur uncooked
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1.5 cups plum tomatoes diced
- ☐ 0.3 cup onion red minced

- ☐ 1 teaspoon salt
- ☐ 1 cup pkt spinach fresh chopped
- ☐ 0.3 cup water
- ☐ 3 cups water boiling

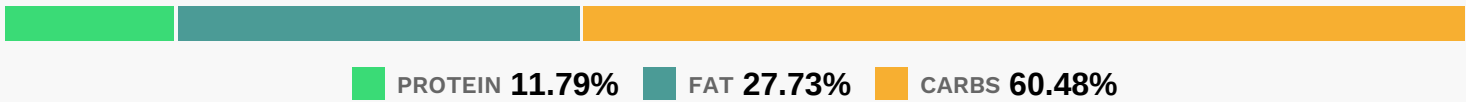
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine 3 cups boiling water and bulgur in a medium bowl; let stand 30 minutes or until water is absorbed. Fluff with fork.
- ☐ Combine bulgur, tomato, and next 4 ingredients (through onion) in a bowl; set aside.
- ☐ Combine 1/4 cup water and remaining ingredients, stirring well with a whisk.
- ☐ Pour dressing over bulgur mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:13.49, Inflammation Score:-8, Nutrition Score:15.349130297485%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 248kcal (12.4%), Fat: 8.11g (12.48%), Saturated Fat: 2g (12.52%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 30.09g (10.94%), Sugar: 2.34g (2.6%), Cholesterol: 7.42mg (2.47%), Sodium: 592.06mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Manganese: 1.56mg (77.92%), Fiber: 9.71g

(38.84%), Vitamin K: 32.91µg (31.34%), Magnesium: 91.9mg (22.98%), Vitamin A: 1024.22IU (20.48%), Phosphorus: 187.83mg (18.78%), Vitamin C: 13.94mg (16.89%), Vitamin B3: 2.89mg (14.44%), Vitamin B6: 0.27mg (13.33%), Copper: 0.23mg (11.66%), Potassium: 388.38mg (11.1%), Vitamin B1: 0.15mg (10.24%), Folate: 37.32µg (9.33%), Vitamin E: 1.37mg (9.12%), Iron: 1.58mg (8.8%), Vitamin B2: 0.15mg (8.74%), Zinc: 1.3mg (8.67%), Calcium: 77.85mg (7.79%), Vitamin B5: 0.65mg (6.48%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.14µg (2.35%)