



 **53%**
HEALTH SCORE

Bulgur, Mint, and Parsley Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 cup bulgur uncooked
- 1.3 cups cucumber peeled seeded chopped (1 medium)
- 0.3 cup mint leaves fresh chopped
- 1 cup parsley fresh chopped
- 3 garlic clove minced
- 0.5 cup spring onion chopped (3)
- 3 tablespoons juice of lemon fresh

- 2 tablespoons olive oil extra virgin extra-virgin
- 0.8 teaspoon salt
- 3 cups tomatoes chopped (2 large)
- 1 cup water boiling

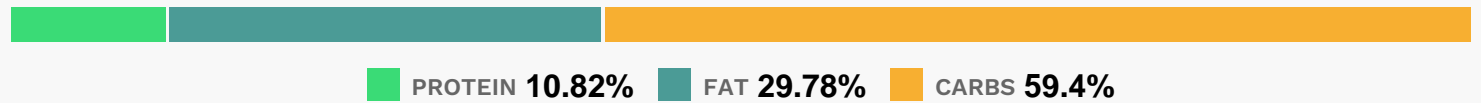
Equipment

- bowl

Directions

- Combine bulgur and 1 cup boiling water in a medium bowl. Cover and let stand 30 minutes or until tender. Stir in juice, oil, and garlic. Cool to room temperature.
- Combine bulgur mixture, tomato, and remaining ingredients in a large bowl; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:5.64, Inflammation Score:-8, Nutrition Score:12.900434760944%

Flavonoids

Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 3.99g (6.13%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 13.27g (4.83%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 231.66mg (10.07%), Alcohol: 0g (100%), Protein: 3.26g (6.52%), Vitamin K: 144.51µg (137.63%), Manganese: 0.69mg (34.34%), Vitamin C: 22.44mg (27.21%), Vitamin A: 1236.95IU (24.74%), Fiber: 4.61g (18.45%), Magnesium: 44.6mg (11.15%), Potassium: 311.28mg (8.89%), Folate: 34.2µg (8.55%), Phosphorus: 80.33mg (8.03%), Iron: 1.31mg (7.3%), Vitamin B6: 0.14mg (7.22%), Vitamin B3: 1.4mg (7.02%), Copper: 0.14mg (6.91%), Vitamin E: 0.92mg (6.16%), Vitamin B1: 0.08mg (5.5%),

Zinc: 0.61mg (4.06%), Calcium: 36.87mg (3.69%), Vitamin B5: 0.34mg (3.38%), Vitamin B2: 0.05mg (3.2%)