




California Tabbouleh in an Artichoke Bowl


 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN




45 min.

SERVINGS



4

CALORIES



368 kcal

SIDE DISH LUNCH MAIN COURSE MAIN DISH

Ingredients

- 4 pound artichokes
- 0.5 teaspoon pepper black
- 0.5 cup cracked wheat uncooked
- 0.5 cup flat-leaf parsley fresh chopped
- 0.3 cup mint leaves fresh chopped
- 0.5 cup baby lima beans frozen
- 2 garlic cloves halved
- 2 garlic cloves minced

- 0.5 cup green onions chopped
- 3 slices optional: lemon
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 2 tablespoons olives ripe sliced
- 0.5 teaspoon salt
- 2 cups tomatoes diced
- 1 cup water boiling

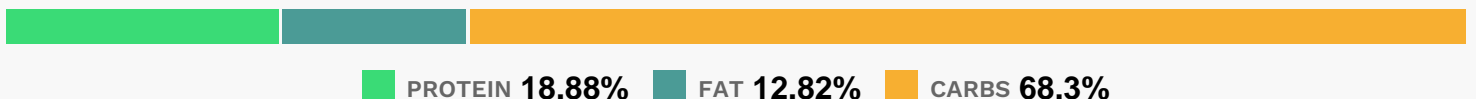
Equipment

- bowl
- frying pan
- dutch oven

Directions

- Cut off stem from each artichoke; remove bottom leaves, and discard. Trim about 1/2 inch from top of each artichoke.
- Place artichokes, stem ends down, in a large Dutch oven filled two-thirds with water.
- Add the garlic halves and lemon slices, and bring to a boil. Cover, reduce heat, and simmer 40 minutes or until a leaf near the center of each artichoke pulls out easily.
- Remove artichokes from pan, and discard cooking liquid, garlic, and lemon.
- Remove center leaves and furry thistles with a spoon, and discard. Set artichokes aside.
- Combine the bulgur and boiling water in a medium bowl. Cover and let stand for 45 minutes.
- Drain.
- Combine the bulgur, tomato, and remaining ingredients in a large bowl.
- Spoon 1 cup tabbouleh into center of each artichoke.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:8.84, Inflammation Score:-10, Nutrition Score:42.546956466592%

Flavonoids

Eriodictyol: 2.74mg, Eriodictyol: 2.74mg, Eriodictyol: 2.74mg, Eriodictyol: 2.74mg Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg, Hesperetin: 3.96mg Naringenin: 57.44mg, Naringenin: 57.44mg, Naringenin: 57.44mg, Naringenin: 57.44mg Apigenin: 50.24mg, Apigenin: 50.24mg, Apigenin: 50.24mg, Apigenin: 50.24mg Luteolin: 11mg, Luteolin: 11mg, Luteolin: 11mg, Luteolin: 11mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 368.1kcal (18.41%), Fat: 6.06g (9.32%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 72.62g (24.21%), Net Carbohydrates: 42.64g (15.51%), Sugar: 7.37g (8.19%), Cholesterol: 0mg (0%), Sodium: 804.76mg (34.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.08g (40.16%), Vitamin K: 224.52µg (213.82%), Fiber: 29.98g (119.9%), Vitamin C: 87.82mg (106.45%), Folate: 351.84µg (87.96%), Manganese: 1.54mg (77.07%), Magnesium: 302.65mg (75.66%), Potassium: 2147.99mg (61.37%), Copper: 1.18mg (59%), Phosphorus: 523.89mg (52.39%), Iron: 8.02mg (44.56%), Vitamin B6: 0.69mg (34.35%), Vitamin A: 1613.62IU (32.27%), Vitamin B3: 5.66mg (28.31%), Vitamin B1: 0.41mg (27.07%), Calcium: 253.28mg (25.33%), Vitamin B2: 0.36mg (21.24%), Zinc: 2.7mg (17.97%), Vitamin B5: 1.74mg (17.39%), Vitamin E: 2.08mg (13.88%), Selenium: 1.93µg (2.76%)