



HEALTH SCORE

59%

Carrot-Avocado Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



200 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 small avocado diced



6 ounces baby rainbow carrots



0.5 teaspoon pepper black freshly ground



1 cup bulgur wheat



2 tablespoons olive oil extra virgin



0.7 cup flat-leaf parsley fresh coarsely chopped



0.5 cup mint leaves fresh coarsely chopped



5 green onions diagonally sliced

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon zest loosely packed
- ☐ 5 large radishes sliced
- ☐ 0.3 cup roasted sunflower kernels salted
- ☐ 8 servings table salt and pepper black to taste
- ☐ 1 cup water boiling

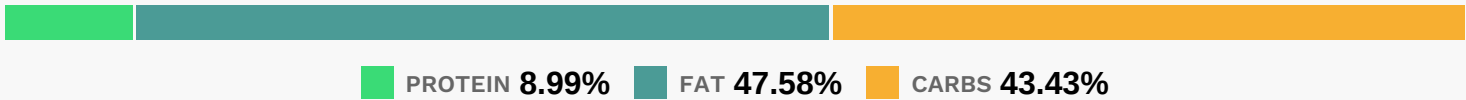
Equipment

- ☐ bowl
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Combine bulgur wheat, boiling water, and 1/4 tsp. kosher salt in a large bowl. Cover and let stand 1 hour or until water is absorbed. Meanwhile, cut carrots lengthwise into very thin, ribbon-like strips using a mandoline or Y-shaped vegetable peeler. Toss together bulgur, carrots, radishes, green onions, parsley, mint, lemon zest, lemon juice, and olive oil in a large bowl. Season with 1/2 tsp. freshly ground black pepper and 1/2 tsp. kosher salt. Cover and chill 2 to 4 hours. Fold in avocado and sunflower kernels.
- ☐ Add table salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:5.22, Inflammation Score:-10, Nutrition Score:17.434347795404%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 3.55mg, Pelargonidin: 3.55mg, Pelargonidin: 3.55mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.93mg, Apigenin: 10.93mg, Apigenin: 10.93mg, Apigenin: 10.93mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 171.45kcal (8.57%), Fat: 9.71g (14.94%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 19.95g (6.65%), Net Carbohydrates: 13.29g (4.83%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 442.22mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Vitamin K: 107.52µg (102.4%), Vitamin A: 3589.53IU (71.79%), Manganese: 0.76mg (37.86%), Fiber: 6.66g (26.64%), Vitamin C: 15.33mg (18.58%), Vitamin E: 2.59mg (17.3%), Magnesium: 59.39mg (14.85%), Folate: 58.2µg (14.55%), Copper: 0.24mg (11.84%), Vitamin B6: 0.22mg (11.16%), Phosphorus: 108.6mg (10.86%), Potassium: 355.36mg (10.15%), Vitamin B3: 1.97mg (9.87%), Vitamin B1: 0.14mg (9.25%), Iron: 1.61mg (8.92%), Vitamin B5: 0.72mg (7.18%), Zinc: 0.88mg (5.89%), Vitamin B2: 0.1mg (5.72%), Selenium: 3.01µg (4.31%), Calcium: 42.71mg (4.27%)