



Cheese and Ham Tabbouleh Salad

READY IN



35 min.

SERVINGS



2

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bulgur uncooked
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.5 cup cucumber seeded chopped
- ☐ 2 ounces swiss cheese cubed
- ☐ 0.3 cup ham smoked diced fully cooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 tablespoon mint leaves dried fresh crushed chopped
- ☐ 3 tablespoons vegetable oil

- ☐ 3 tablespoons juice of lemon
- ☐ 0.1 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 leaves lettuce

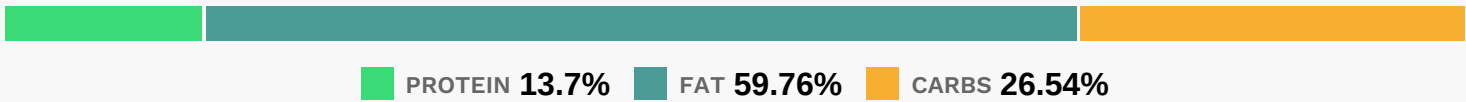
Equipment

- ☐ bowl

Directions

- ☐ Cover bulgur with cold water in bowl.
- ☐ Let stand 30 minutes; drain. Press out as much water as possible.
- ☐ Place bulgur, tomato, cucumber, cheese, ham, parsley and onions in glass or plastic bowl.
- ☐ Mix remaining ingredients except lettuce leaves; pour over bulgur mixture and toss.
- ☐ Cover and refrigerate at least 4 hours or overnight.
- ☐ Serve bulgur mixture on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:127.5, Glycemic Load:10.43, Inflammation Score:-9, Nutrition Score:23.09956522869%

Flavonoids

Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 3.51mg, Hesperetin: 3.51mg, Hesperetin: 3.51mg, Hesperetin: 3.51mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 480.22kcal (24.01%), Fat: 32.91g (50.63%), Saturated Fat: 9.45g (59.05%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 24.83g (9.03%), Sugar: 2.92g (3.25%), Cholesterol: 37.22mg (12.41%), Sodium:

421.51mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.95%), Vitamin K: 181.97µg (173.31%), Manganese: 1.23mg (61.68%), Vitamin C: 29.44mg (35.68%), Phosphorus: 336.76mg (33.68%), Fiber: 8.06g (32.24%), Vitamin A: 1547.76IU (30.96%), Calcium: 299.49mg (29.95%), Magnesium: 89.01mg (22.25%), Selenium: 13.42µg (19.17%), Zinc: 2.62mg (17.48%), Vitamin B12: 0.97µg (16.14%), Vitamin B1: 0.24mg (15.96%), Vitamin E: 2.37mg (15.77%), Vitamin B3: 3.13mg (15.66%), Vitamin B6: 0.29mg (14.69%), Potassium: 494.16mg (14.12%), Folate: 49.33µg (12.33%), Vitamin B2: 0.21mg (12.19%), Copper: 0.23mg (11.62%), Iron: 2.01mg (11.15%), Vitamin B5: 0.77mg (7.75%)