



Chicken and Feta Tabbouleh

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.8 cup bulgur uncooked
- ☐ 2 cups rotisserie chicken breast boneless skinless chopped
- ☐ 1 cup cucumber english chopped
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.8 cup parsley fresh chopped
- ☐ 0.3 cup green onions finely chopped

- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup plum tomatoes chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water boiling

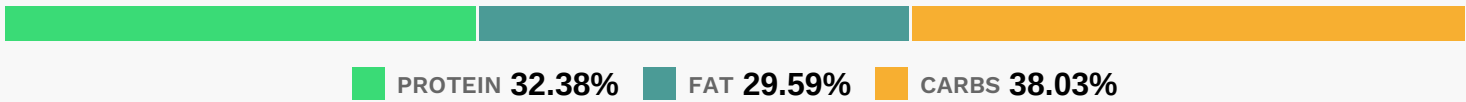
Equipment

- ☐ bowl

Directions

- ☐ Place bulgur in a medium bowl; cover with 1 cup boiling water.
- ☐ Let stand 15 minutes or until liquid is absorbed.
- ☐ Combine chicken and remaining ingredients in a large bowl.
- ☐ Add bulgur to chicken mixture; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:8.23, Inflammation Score:-9, Nutrition Score:24.861739070519%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 24.39mg, Apigenin: 24.39mg, Apigenin: 24.39mg, Apigenin: 24.39mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg, Myricetin: 1.77mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 271.3kcal (13.57%), Fat: 9.17g (14.11%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 19.97g (7.26%), Sugar: 2.59g (2.88%), Cholesterol: 60.62mg (20.21%), Sodium: 413.93mg (18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.17%), Vitamin K: 213.93µg (203.74%), Manganese: 1.01mg (50.5%), Vitamin B3: 9.94mg (49.72%), Vitamin B6: 0.81mg (40.4%), Selenium: 27.07µg (38.67%), Vitamin C: 30.46mg (36.92%), Vitamin A: 1757.77IU (35.16%), Phosphorus: 319.45mg (31.94%), Fiber: 6.55g (26.2%), Magnesium: 86.7mg (21.67%), Potassium: 690.34mg (19.72%), Vitamin B5: 1.68mg (16.8%), Vitamin B2: 0.27mg (16.06%), Folate: 52.53µg (13.13%), Iron: 2.35mg (13.08%), Calcium: 127.58mg (12.76%), Vitamin B1: 0.18mg (12.09%), Zinc: 1.72mg (11.46%), Copper: 0.21mg (10.42%), Vitamin E: 1.16mg (7.75%), Vitamin B12: 0.39µg (6.49%)