



Chicken Tabbouleh with Tahini Drizzle

READY IN



37 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur rinsed uncooked drained
- ☐ 1 cup mint leaves fresh chopped
- ☐ 1 cup parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 cup spring onion chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil divided

- ☐ 0.3 cup greek yogurt plain 2% reduced-fat
- ☐ 0.5 pound chicken thighs boneless skinless
- ☐ 0.3 cup tahini (roasted sesame seed paste)
- ☐ 3 cups tomatoes chopped
- ☐ 1 tablespoon water
- ☐ 1.3 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine 1 1/4 cups water, 1 cup bulgur, 1 tablespoon olive oil, and 1/2 teaspoon salt in a medium saucepan; bring to a boil. Reduce heat; simmer for 10 minutes (do not stir) or until the liquid almost evaporates.
- ☐ Remove from heat; fluff with a fork.
- ☐ Place bulgur in a medium bowl; let stand 10 minutes.
- ☐ Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; sprinkle with 1/4 teaspoon salt and black pepper. Saut for 4 minutes on each side or until done; shred chicken.
- ☐ Combine bulgur, chicken, tomato, and next 4 ingredients (through garlic) in a large bowl; toss gently.
- ☐ Combine remaining 1/4 teaspoon salt, tahini, and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle over salad.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:11.24, Inflammation Score:-10, Nutrition Score:30.876521898353%

Flavonoids

Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 32.93mg, Apigenin: 32.93mg, Apigenin: 32.93mg, Apigenin: 32.93mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg, Myricetin: 2.39mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 391.09kcal (19.55%), Fat: 18.33g (28.2%), Saturated Fat: 2.85g (17.83%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 29.62g (10.77%), Sugar: 4.49g (4.99%), Cholesterol: 54.49mg (18.16%), Sodium: 673.32mg (29.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Vitamin K: 313.52µg (298.59%), Manganese: 1.45mg (72.4%), Vitamin C: 48.76mg (59.1%), Vitamin A: 2951.05IU (59.02%), Fiber: 10.61g (42.44%), Phosphorus: 401.95mg (40.2%), Vitamin B3: 7.03mg (35.15%), Magnesium: 121.94mg (30.49%), Vitamin B1: 0.46mg (30.34%), Selenium: 20.31µg (29.02%), Copper: 0.56mg (27.95%), Vitamin B6: 0.55mg (27.52%), Potassium: 867.96mg (24.8%), Folate: 98µg (24.5%), Iron: 4.25mg (23.61%), Zinc: 2.9mg (19.31%), Vitamin B2: 0.28mg (16.62%), Calcium: 135.49mg (13.55%), Vitamin E: 2.01mg (13.37%), Vitamin B5: 1.33mg (13.26%), Vitamin B12: 0.45µg (7.51%)