



Chicken with Tabbouleh

 Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings pepper black freshly ground
- 2 chicken breast whole split bone in , skin on
- 1 cup bulgur wheat
- 2 cups cherry tomatoes halved
- 1 medium hothouse cucumber unpeeled halved lengthwise seeded
- 1 cup flat-leaf parsley fresh chopped (1 bunch)
- 1 cup mint leaves fresh chopped (2 bunches)
- 8 servings kosher salt

- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 8 servings olive oil
- 1 cup scallions white green minced (1 bunch)
- 1.5 cups water boiling

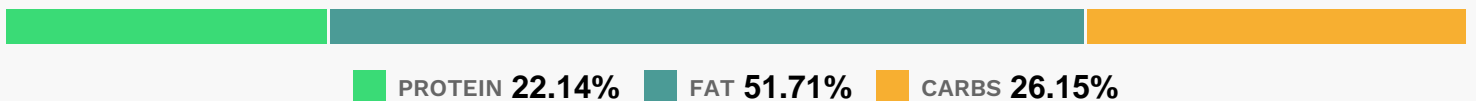
Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Preheat the oven to 350 degrees F.
- In a heat-proof bowl, pour the boiling water over the bulgur wheat.
- Add the lemon juice, 1/4 cup olive oil, and 1 1/2 teaspoons of salt. Stir. Cover the bowl with plastic wrap and allow the bulgur to stand at room temperature for about 1 hour.
- Place the chicken breast on a baking sheet and rub it with olive oil.
- Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until just cooked. Set aside until cool enough to handle.
- Remove the chicken meat from the bones and discard the skin.
- Cut the chicken into medium dice and add to the tabbouleh.
- Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and 1 teaspoon pepper. Season, to taste, and serve immediately or cover and refrigerate. The flavors will improve as it sits.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:5.06, Inflammation Score:-8, Nutrition Score:19.12217390019%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg, Apigenin: 16.48mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 270.31kcal (13.52%), Fat: 15.93g (24.51%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 13.42g (4.88%), Sugar: 1.89g (2.1%), Cholesterol: 36.16mg (12.05%), Sodium: 277.44mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.69%), Vitamin K: 160.76µg (153.11%), Vitamin B3: 7.26mg (36.32%), Manganese: 0.71mg (35.58%), Vitamin C: 27.04mg (32.78%), Vitamin B6: 0.55mg (27.54%), Selenium: 18.79µg (26.84%), Vitamin A: 1215.15IU (24.3%), Phosphorus: 200.71mg (20.07%), Fiber: 4.71g (18.84%), Vitamin E: 2.49mg (16.58%), Magnesium: 61.58mg (15.4%), Potassium: 513.59mg (14.67%), Vitamin B5: 1.17mg (11.66%), Iron: 1.98mg (11%), Folate: 42.7µg (10.67%), Copper: 0.17mg (8.48%), Vitamin B1: 0.12mg (7.86%), Vitamin B2: 0.12mg (7.34%), Zinc: 0.96mg (6.41%), Calcium: 52.08mg (5.21%), Vitamin B12: 0.11µg (1.88%)