

Cilantro Tabouli



Vegetarian



Vegan



Dairy Free

READY IN



215 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bulgur wheat
- ☐ 0.8 cup cilantro leaves fresh coarsely chopped
- ☐ 2 cloves garlic minced to taste
- ☐ 2 green onions sliced into thin slivers
- ☐ 1 teaspoon ground cumin
- ☐ 2 juice of lemon juiced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon freshly cracked pepper

- ☐ 6 servings salt to taste
- ☐ 2 tomatoes seeded finely chopped
- ☐ 2.3 cups water

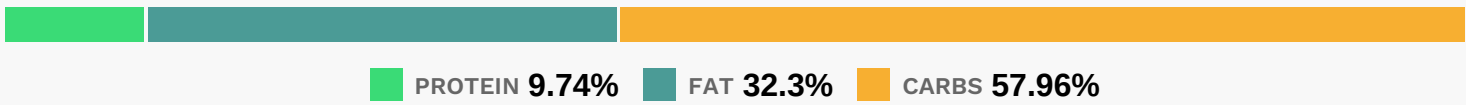
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a saucepan, turn off the heat, and stir in the bulgur wheat. Cover and let sit for 30 minutes to absorb water. Strain off any liquid left unabsorbed, if necessary.
- ☐ Place the bulgur wheat in a large salad bowl, and lightly toss with the tomatoes, green onions, cilantro, garlic, lemon juice, olive oil, cumin, pepper, and salt until thoroughly combined. Refrigerate the salad for at least 3 hours to blend the flavors; serve cold.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:6.92, Inflammation Score:-6, Nutrition Score:8.2578261676042%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 135.53kcal (6.78%), Fat: 5.19g (7.98%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 15.89g (5.78%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 206.76mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Manganese: 0.82mg (41.18%), Vitamin K: 21.28µg (20.27%), Fiber: 5.05g (20.2%), Vitamin C: 11.12mg (13.47%), Magnesium: 47.34mg (11.84%), Vitamin A: 524.3IU (10.49%), Phosphorus: 86.54mg (8.65%), Vitamin B3: 1.51mg (7.57%), Vitamin B6: 0.14mg (6.85%), Potassium: 236.87mg (6.77%), Vitamin E: 1.01mg (6.72%), Copper: 0.13mg (6.71%), Iron: 1.07mg (5.94%), Vitamin B1: 0.08mg

(5.3%), Folate: 18.34µg (4.59%), Zinc: 0.59mg (3.93%), Vitamin B5: 0.32mg (3.16%), Vitamin B2: 0.05mg (2.65%), Calcium: 25.57mg (2.56%), Selenium: 0.76µg (1.08%)