



## Classic Tabbouleh

 Vegetarian

READY IN



25 min.

SERVINGS



10

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup bulgur uncooked
- 4 oz athenos feta cheese crumbled traditional
- 1 cup parsley fresh chopped
- 1 clove garlic minced
- 0.5 cup green onion
- 2 Tbsp juice of lemon fresh
- 0.3 cup olive oil
- 0.5 tsp salt

1 medium tomatoes chopped

1.5 cups water boiling

## Equipment

bowl

## Directions

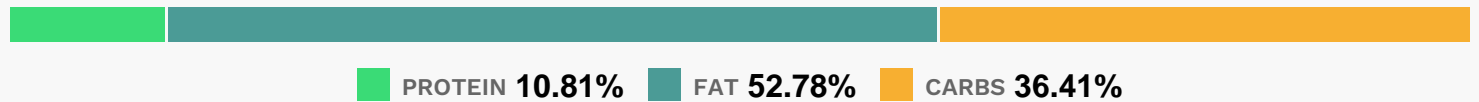
Mix bulgur and boiling water in large bowl; cover.

Let stand 20 min. or until bulgur is softened.

Stir in oil, juice, garlic and salt until well blended.

Add remaining ingredients; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:20.6, Glycemic Load:4.19, Inflammation Score:-6, Nutrition Score:10.883913084217%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 132.75kcal (6.64%), Fat: 8.11g (12.48%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 9.54g (3.47%), Sugar: 0.63g (0.7%), Cholesterol: 10.09mg (3.36%), Sodium: 254.67mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin K: 113.45µg (108.05%), Manganese: 0.47mg (23.36%), Vitamin C: 11.86mg (14.38%), Vitamin A: 707.07IU (14.14%), Fiber: 3.05g (12.21%), Phosphorus: 89.2mg (8.92%), Magnesium: 31.08mg (7.77%), Calcium: 75.83mg (7.58%), Vitamin B2: 0.12mg (7.34%), Vitamin E: 0.95mg (6.33%), Vitamin B6: 0.12mg (5.97%), Folate: 22.18µg (5.55%), Iron: 0.94mg (5.2%), Vitamin B3: 1.01mg (5.06%), Zinc: 0.71mg (4.73%), Vitamin B1: 0.06mg (4.25%), Potassium: 144.99mg (4.14%), Copper: 0.08mg (3.9%), Vitamin B12: 0.19µg (3.19%), Selenium: 2.1µg (3.01%), Vitamin B5: 0.3mg (3%)