



Cranberry Walnut Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black freshly ground



1 cup bulgur wheat



0.5 cup cranberries dried chopped



2 tablespoons mint leaves fresh chopped



0.5 cup parsley fresh chopped



0.3 cup juice of lemon fresh



0.3 cup onion red minced



0.8 teaspoon salt

- ☐ 1.5 tablespoons walnut oil
- ☐ 2 tablespoons walnuts toasted chopped
- ☐ 1 cup water boiling

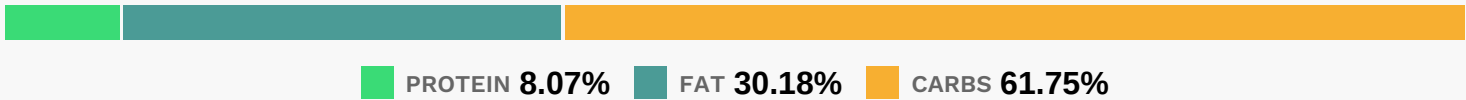
Equipment

- ☐ bowl

Directions

- ☐ Combine bulgur and cranberries in a medium bowl.
- ☐ Add 1 cup boiling water, and let stand 30 minutes or until water is absorbed. Fluff bulgur mixture with a fork. Stir in chopped parsley and the remaining ingredients, and toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:6.56, Inflammation Score:-6, Nutrition Score:10.963478041732%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg, Apigenin: 10.86mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 171.73kcal (8.59%), Fat: 6.18g (9.51%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 22.97g (8.35%), Sugar: 8.1g (9%), Cholesterol: 0mg (0%), Sodium: 300.9mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin K: 83.99µg (79.99%), Manganese: 0.9mg (45.03%), Fiber: 5.49g (21.97%), Vitamin C: 11.67mg (14.15%), Magnesium: 49.59mg (12.4%), Vitamin A: 495.97IU (9.92%), Phosphorus: 89.34mg (8.93%), Copper: 0.16mg (8.12%), Vitamin B3: 1.4mg (6.99%), Iron: 1.14mg (6.32%), Vitamin

B6: 0.12mg (6.06%), Folate: 22.38µg (5.6%), Vitamin B1: 0.08mg (5.21%), Potassium: 173.87mg (4.97%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.33mg (3.33%), Vitamin B2: 0.05mg (2.79%), Calcium: 27.17mg (2.72%), Vitamin E: 0.32mg (2.12%), Selenium: 0.81µg (1.16%)