



 **69%**
HEALTH SCORE

Easy Tabbouleh

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup bulgur
- 4 plum tomatoes with their juice finely chopped
- 1.8 cups parsley fresh finely chopped (2 medium bunches)
- 4 spring onion finely chopped
- 0.3 cup juice of lemon fresh (2 lemons)
- 0.8 teaspoon coarse salt
- 0.3 cup olive oil extra virgin extra-virgin
- 1 serving pepper freshly ground

2 tablespoons mint leaves fresh finely chopped

Equipment

bowl

sieve

cheesecloth

Directions

Soak bulgur in cold water 10 minutes.

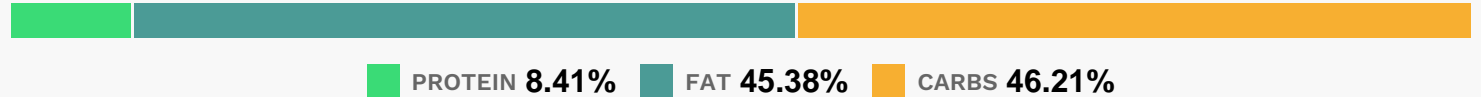
Drain in a sieve lined with damp cheesecloth; squeeze out all water.

Transfer to a serving bowl; fluff with a fork.

Stir in tomatoes with juice, parsley, and scallions.

Add lemon juice, salt, and oil; season with pepper. Toss to coat. Just before serving, stir in mint.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:10.54, Inflammation Score:-10, Nutrition Score:21.35260865481%

Flavonoids

Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 56.71mg, Apigenin: 56.71mg, Apigenin: 56.71mg, Apigenin: 56.71mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 3.98mg, Myricetin: 3.98mg, Myricetin: 3.98mg, Myricetin: 3.98mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 268.66kcal (13.43%), Fat: 14.38g (22.12%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 24.37g (8.86%), Sugar: 2.66g (2.96%), Cholesterol: 0mg (0%), Sodium: 462.9mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (11.99%), Vitamin K: 469.07µg (446.73%), Vitamin C: 52.36mg (63.47%), Manganese: 1.23mg (61.71%), Vitamin A: 2957.8IU (59.16%), Fiber: 8.58g (34.32%), Magnesium:

82.71mg (20.68%), Folate: 72.23µg (18.06%), Vitamin E: 2.59mg (17.24%), Iron: 3.05mg (16.97%), Potassium: 499.47mg (14.27%), Phosphorus: 142.63mg (14.26%), Vitamin B3: 2.62mg (13.11%), Copper: 0.21mg (10.71%), Vitamin B6: 0.21mg (10.53%), Vitamin B1: 0.14mg (9.27%), Zinc: 1.15mg (7.64%), Calcium: 70.82mg (7.08%), Vitamin B2: 0.1mg (5.67%), Vitamin B5: 0.56mg (5.64%), Selenium: 0.92µg (1.32%)