



 **100%**
HEALTH SCORE

Easy Tabouleh

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bulgur
- 2 small cucumber
- 1 bunch flat parsley
- 0.5 juice of lemon
- 3 tablespoons olive oil
- 1 serving salt
- 2 medium tomatoes

Equipment

bowl

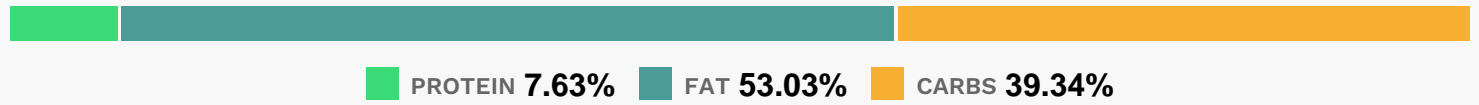
sieve

Directions

Chop the vegetables and parsley finely. The restaurant version has the veggies diced fairly small and I wanted to stay true to that. Rinse the cracked wheat in a fine mesh sieve and let drain.

Combine all ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:22.7, Inflammation Score:-10, Nutrition Score:41.426086956522%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg, Naringenin: 1.88mg Apigenin: 122.85mg, Apigenin: 122.85mg, Apigenin: 122.85mg, Apigenin: 122.85mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 8.78mg, Myricetin: 8.78mg, Myricetin: 8.78mg, Myricetin: 8.78mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 716.7kcal (35.83%), Fat: 44.41g (68.33%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 54.25g (19.73%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 257.22mg (11.18%), Protein: 14.38g (28.76%), Vitamin K: 1003.6µg (955.81%), Vitamin C: 125.43mg (152.04%), Vitamin A: 7085.58IU (141.71%), Manganese: 2.74mg (136.91%), Fiber: 19.9g (79.6%), Vitamin E: 7.96mg (53.09%), Magnesium: 209.19mg (52.3%), Folate: 189.68µg (47.42%), Potassium: 1631.47mg (46.61%), Iron: 6.86mg (38.13%), Phosphorus: 369.66mg (36.97%), Copper: 0.69mg (34.57%), Vitamin B6: 0.66mg (32.78%), Vitamin B3: 5.92mg (29.59%), Vitamin B1: 0.4mg (26.93%), Vitamin B5: 1.96mg (19.56%), Zinc: 2.92mg (19.5%), Calcium: 173.44mg (17.34%), Vitamin B2: 0.26mg (15.55%), Selenium: 2µg (2.86%)