



Falafel tabbouleh with lemon yogurt

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



582 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 no boil lasagna noodles
- ☐ 200 g couscous
- ☐ 2 juice of lemon
- ☐ 3 tbsp olive oil
- ☐ 1 bunch spring onion finely sliced
- ☐ 1 cucumber halved sliced
- ☐ 1 small bunch mint leaves roughly chopped
- ☐ 1 large bunch parsley roughly chopped

☐ 150 ml yogurt

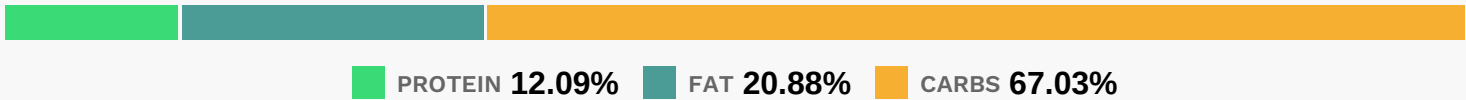
Equipment

☐ bowl

Directions

- ☐ Cook the falafels according to pack instructions and boil the kettle. Tip the couscous into a large bowl, pour over 325ml boiling water, cover, then leave to stand for 5 mins until all of the water is absorbed.
- ☐ Fluff up the couscous with a fork, then stir through the lemon zest, juice from 1 lemons, olive oil, spring onions, cucumber, mint and three-quarters of the parsley with plenty of seasoning. Tip onto a large platter.
- ☐ Mix the remaining lemon juice and parsley into the yogurt, then spoon into a small bowl. Scatter the hot falafel over the couscous salad, then serve the yogurt sauce alongside.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:24.28, Inflammation Score:-8, Nutrition Score:15.843043467273%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 30.77mg, Apigenin: 30.77mg, Apigenin: 30.77mg, Apigenin: 30.77mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg, Myricetin: 2.12mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 581.7kcal (29.08%), Fat: 13.66g (21.02%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 98.67g (32.89%), Net Carbohydrates: 92.32g (33.57%), Sugar: 4.77g (5.3%), Cholesterol: 37.19mg (12.4%), Sodium: 33.97mg (1.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.59%), Vitamin K: 257.92µg (245.64%), Vitamin C: 28.8mg (34.91%), Vitamin A: 1396.06IU (27.92%), Fiber: 6.35g (25.39%), Manganese: 0.49mg (24.61%), Potassium: 535.51mg (15.3%), Phosphorus: 150.06mg (15.01%), Folate: 52.86µg (13.21%), Vitamin E: 1.72mg (11.47%), Magnesium: 45.69mg (11.42%), Copper: 0.21mg (10.61%), Vitamin B5: 1.04mg (10.37%), Vitamin B3: 2.05mg (10.25%), Iron: 1.82mg

(10.1%), Calcium: 96.91mg (9.69%), Vitamin B1: 0.14mg (9.07%), Vitamin B2: 0.14mg (8.03%), Vitamin B6: 0.13mg (6.52%), Zinc: 0.97mg (6.44%), Vitamin B12: 0.14µg (2.39%), Selenium: 0.99µg (1.42%)