



Feta tabbouleh with aubergines

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g bulgur
- ☐ 2 garlic clove crushed
- ☐ 4 tbsp olive oil
- ☐ 2 eggplant thinly sliced
- ☐ 410 g chickpeas drained canned
- ☐ 140 g cherry tomatoes halved
- ☐ 1 onion red chopped
- ☐ 100 g feta cheese crumbled

- ☐ 1 large bunch mint leaves chopped
- ☐ 1.5 juice of lemon

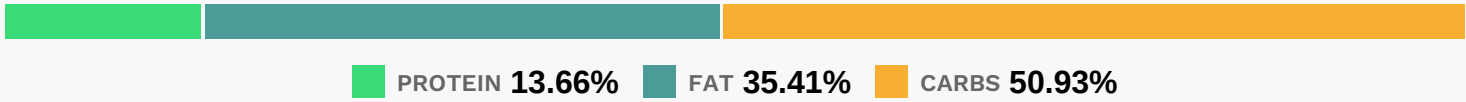
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the bulgur wheat according to pack instructions, then drain well. In a small bowl, mix together the garlic and olive oil, then use half to brush over both sides of the aubergine strips with some seasoning. Sear the strips on a hot griddle or in a frying pan for 3 mins each side until charred and softened.
- ☐ Tip the bulgur wheat into a large bowl with the chickpeas, tomatoes, onion, feta and mint, then pour over the remaining garlicky oil and the lemon juice.
- ☐ Mix and season well, then pile onto plates with the charred aubergines.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:17.65, Inflammation Score:-9, Nutrition Score:30.141304552555%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 557.77kcal (27.89%), Fat: 23.02g (35.41%), Saturated Fat: 5.72g (35.73%), Carbohydrates: 74.49g (24.83%), Net Carbohydrates: 52.57g (19.11%), Sugar: 15.48g (17.2%), Cholesterol: 22.25mg (7.42%), Sodium:

308.61mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.97%), Manganese: 2.77mg (138.56%), Fiber: 21.92g (87.69%), Folate: 257.34µg (64.34%), Phosphorus: 438.11mg (43.81%), Magnesium: 151.16mg (37.79%), Copper: 0.72mg (35.9%), Vitamin B6: 0.65mg (32.31%), Potassium: 1121.57mg (32.04%), Iron: 4.97mg (27.62%), Vitamin C: 21.53mg (26.09%), Vitamin B2: 0.42mg (24.8%), Vitamin B1: 0.36mg (23.98%), Zinc: 3.46mg (23.07%), Vitamin E: 3.35mg (22.32%), Calcium: 222.47mg (22.25%), Vitamin K: 22.77µg (21.69%), Vitamin B3: 4.32mg (21.59%), Vitamin B5: 1.65mg (16.5%), Selenium: 9.57µg (13.67%), Vitamin A: 403.98IU (8.08%), Vitamin B12: 0.42µg (7.04%)