



Four-Herb Tabbouleh

 Vegetarian  Vegan  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

45

CALORIES

calories

31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup tender light-green celery leaves
- ☐ 0.3 cup chives snipped
- ☐ 1 cucumber diced seedless peeled finely
- ☐ 2 cups tender flat-leaf parsley leaves
- ☐ 2 cloves garlic large
- ☐ 1 pint grape tomatoes quartered
- ☐ 6 ounces israeli couscous
- ☐ 1 jalapeño halved seeded thinly sliced

- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 cup mint leaves
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 45 servings pepper freshly ground
- ☐ 45 servings salt
- ☐ 1.3 cups water

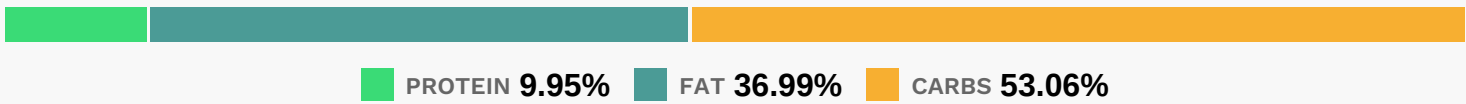
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, heat 1 tablespoon of the olive oil with the garlic cloves and cook over moderate heat until the garlic is lightly browned in spots, about 2 minutes.
- ☐ Add the Israeli couscous and cook, stirring, until lightly browned, about 2 minutes.
- ☐ Add the water, season with salt and bring to a boil. Cover and cook over low heat until the couscous is tender and the water is absorbed, about 10 minutes.
- ☐ Pick out the garlic cloves from the couscous and mash them to a paste.
- ☐ Transfer the garlic paste to a large bowl and whisk in the lemon juice and the remaining 1/4 cup plus 2 tablespoons of olive oil. Season with salt and pepper and stir in the couscous. Refrigerate for 10 minutes, just until no longer warm.
- ☐ Add the parsley, lovage, mint, chives, jalapeo, tomatoes and cucumber to the couscous and toss well. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:1.97, Inflammation Score:-3, Nutrition Score:3.8452173876374%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 5.92mg, Apigenin: 5.92mg, Apigenin: 5.92mg, Apigenin: 5.92mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 30.59kcal (1.53%), Fat: 1.3g (1.99%), Saturated Fat: 0.18g (1.16%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.58g (1.3%), Sugar: 0.53g (0.58%), Cholesterol: 0mg (0%), Sodium: 201.1mg (8.74%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.78g (1.57%), Vitamin K: 48.62µg (46.3%), Vitamin C: 6.42mg (7.78%), Vitamin A: 377.72IU (7.55%), Manganese: 0.08mg (3.95%), Folate: 9.85µg (2.46%), Fiber: 0.61g (2.42%), Potassium: 76.66mg (2.19%), Vitamin E: 0.28mg (1.87%), Iron: 0.31mg (1.75%), Magnesium: 6.47mg (1.62%), Copper: 0.03mg (1.47%), Phosphorus: 14.37mg (1.44%), Vitamin B3: 0.27mg (1.35%), Vitamin B6: 0.03mg (1.31%), Calcium: 11.34mg (1.13%), Vitamin B1: 0.02mg (1.1%), Vitamin B5: 0.1mg (1.04%)