

Fresh Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup bulgur
- ☐ 0.3 teaspoon chili powder
- ☐ 0.5 cup cucumber diced peeled
- ☐ 2 cups flat-leaf parsley fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.5 cup bell pepper diced green
- ☐ 6 green onions thinly sliced
- ☐ 1 teaspoon kosher salt

- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 1 cup tomatoes diced
- ☐ 1 cup water hot

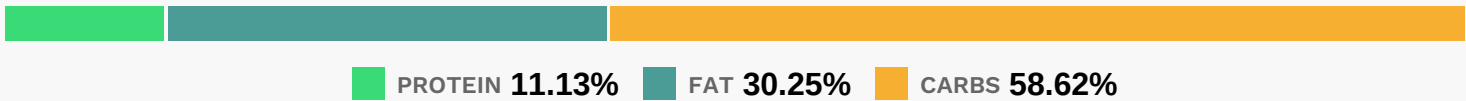
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk lemon juice, kosher salt, seasoned salt, and chili powder together in a bowl. Slowly drizzle in olive oil while whisking rapidly until dressing is thick and creamy.
- ☐ Pour hot water over bulgur in a bowl; let soak until water is absorbed and bulgur is soft, about 30 minutes.
- ☐ Mix parsley, tomato, green bell pepper, cucumber, green onions, and mint together in a large bowl.
- ☐ Add bulgur; toss to combine.
- ☐ Drizzle dressing over bulgur mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:4.07, Inflammation Score:-8, Nutrition Score:12.743043508219%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg, Apigenin: 32.36mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin:

1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 85.54kcal (4.28%), Fat: 3.11g (4.78%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 9.89g (3.6%), Sugar: 1.42g (1.57%), Cholesterol: 0mg (0%), Sodium: 597.65mg (25.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin K: 269.33µg (256.5%), Vitamin C: 35.1mg (42.54%), Vitamin A: 1595.64IU (31.91%), Manganese: 0.49mg (24.4%), Fiber: 3.67g (14.66%), Folate: 39.25µg (9.81%), Magnesium: 36.16mg (9.04%), Iron: 1.55mg (8.64%), Potassium: 246.27mg (7.04%), Phosphorus: 60.74mg (6.07%), Vitamin B3: 1.1mg (5.49%), Vitamin B6: 0.11mg (5.47%), Copper: 0.11mg (5.3%), Vitamin E: 0.73mg (4.88%), Vitamin B1: 0.07mg (4.37%), Calcium: 39.19mg (3.92%), Zinc: 0.52mg (3.5%), Vitamin B2: 0.05mg (2.86%), Vitamin B5: 0.26mg (2.62%)