

Garden Tabbouleh

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black
- 1 cup bulgur wheat
- 1 cucumber peeled chopped
- 1 cup flat-leaf parsley leaves fresh roughly chopped
- 1 cup grape tomatoes quartered
- 1.5 teaspoons kosher salt
- 3 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin

3 scallions thinly sliced

Equipment

bowl

sauce pan

whisk

sieve

Directions

In a small saucepan, bring the bulgur and 6 cups of water to a boil. Cook, uncovered, until tender, about 20 minutes.

Transfer to a strainer and rinse under cold water. Shake to remove any excess water.

Transfer to a large bowl and add the parsley, scallions, tomatoes, and cucumber. In a small bowl, whisk together the lemon juice, oil, salt, and pepper.

Drizzle the vinaigrette over the bulgur and toss.

Serve cold or at room temperature.

Nutrition Facts



PROTEIN 9.06% **FAT 40.25%** **CARBS 50.69%**

Properties

Glycemic Index:32.67, Glycemic Load:6.88, Inflammation Score:-8, Nutrition Score:13.756086968857%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg, Myricetin: 1.52mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 159.53kcal (7.98%), Fat: 7.55g (11.62%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 15.95g (5.8%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 594.37mg (25.84%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.65%), Vitamin K: 186.78µg (177.88%), Manganese: 0.81mg (40.73%), Vitamin C: 22.33mg (27.07%), Vitamin A: 1148.09IU (22.96%), Fiber: 5.45g (21.79%), Magnesium: 53.81mg (13.45%), Phosphorus: 95.21mg (9.52%), Folate: 37.58µg (9.39%), Potassium: 303.5mg (8.67%), Vitamin E: 1.29mg (8.61%), Iron: 1.52mg (8.43%), Vitamin B3: 1.53mg (7.65%), Copper: 0.15mg (7.55%), Vitamin B6: 0.14mg (7.08%), Vitamin B1: 0.09mg (6.17%), Zinc: 0.71mg (4.76%), Vitamin B5: 0.44mg (4.41%), Calcium: 37.02mg (3.7%), Vitamin B2: 0.06mg (3.53%)