



Greek Grain Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 ounce navy beans rinsed drained canned
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon rind fresh grated
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.8 cup plum tomatoes chopped 2
- ☐ 2 cups romaine lettuce chopped
- ☐ 1 cup water boiling
- ☐ 5.3 ounce tabbouleh mix such as Near East
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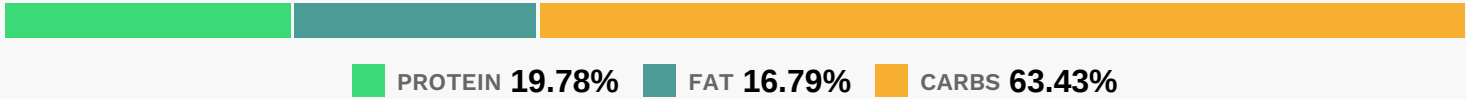
Equipment

- ☐ bowl

Directions

- ☐ Combine tabbouleh mix (bulgur wheat and spice packet) and boiling water in a large bowl. Cover and let stand in refrigerator 30 minutes or until water is absorbed.
- ☐ Add lemon rind and next 3 ingredients to tabbouleh mixture; toss well.
- ☐ Add lettuce and remaining ingredients, and toss gently. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:3.35, Inflammation Score:-9, Nutrition Score:19.002608610236%

Flavonoids

Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg, Eriodictyol: 1.13mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 199.79kcal (9.99%), Fat: 4.04g (6.22%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 34.38g (11.46%), Net Carbohydrates: 25.85g (9.4%), Sugar: 10.2g (11.33%), Cholesterol: 0mg (0%), Sodium: 438.08mg (19.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Vitamin A: 2242.59IU (44.85%), Manganese: 0.86mg (43.09%), Vitamin K: 36.2µg (34.48%), Potassium: 1194.96mg (34.14%), Fiber: 8.53g (34.12%), Copper: 0.56mg

(27.95%), Folate: 107.02µg (26.76%), Vitamin C: 20.21mg (24.49%), Magnesium: 96.22mg (24.06%), Iron: 4.17mg (23.19%), Phosphorus: 219.5mg (21.95%), Vitamin B1: 0.28mg (18.63%), Vitamin B3: 2.82mg (14.1%), Vitamin B6: 0.22mg (11.19%), Vitamin B2: 0.19mg (11.1%), Selenium: 6.65µg (9.5%), Vitamin E: 1.36mg (9.09%), Calcium: 86.31mg (8.63%), Zinc: 1.29mg (8.63%), Vitamin B5: 0.71mg (7.11%)