



Lamb Tabbouleh Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bulgur uncooked
- ☐ 15 ounce garbanzo beans drained canned (chick-peas)
- ☐ 0.3 cup chicken broth low-sodium undiluted canned
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 cup green onions minced
- ☐ 0.8 pound leg of lamb boneless lean cut into 1/2-inch-thick slices
- ☐ 0.3 cup juice of lemon

- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 5 cups torn romaine lettuce
- ☐ 0.3 teaspoon salt
- ☐ 1 cup tomatoes diced seeded
- ☐ 1.5 cups water boiling

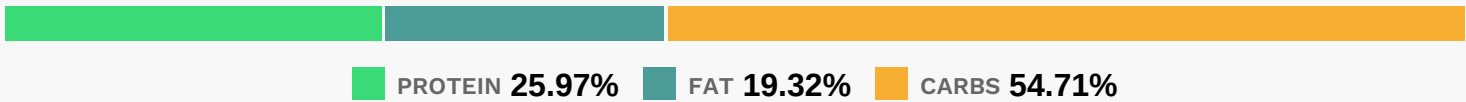
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine bulgur and water in a large bowl; let stand 1 hour or until bulgur is tender and liquid is absorbed.
- ☐ Add tomato and next 4 ingredients; stir well.
- ☐ Combine lemon juice and next 4 ingredients, stirring well.
- ☐ Place lamb slices on rack of a broiler pan coated with cooking spray.
- ☐ Brush lamb with 2 tablespoons lemon juice mixture. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 to 4 minutes on each side or to desired degree of doneness.
- ☐ Cut lamb into 1/2-inch pieces.
- ☐ Add remaining lemon juice mixture and lamb to bulgur mixture; toss well. To serve, place lettuce evenly on 4 salad plates. Top evenly with bulgur mixture.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:14.04, Inflammation Score:-10, Nutrition Score:33.444347671841%

Flavonoids

Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg, Hesperetin: 2.46mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 331kcal (16.55%), Fat: 7.45g (11.45%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 47.43g (15.81%), Net Carbohydrates: 33.79g (12.29%), Sugar: 2.58g (2.87%), Cholesterol: 34.29mg (11.43%), Sodium: 502.7mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.52g (45.04%), Vitamin K: 214.31µg (204.11%), Vitamin A: 6311.42IU (126.23%), Manganese: 2.18mg (108.91%), Fiber: 13.64g (54.58%), Vitamin B6: 0.81mg (40.69%), Folate: 159.18µg (39.8%), Phosphorus: 336.86mg (33.69%), Vitamin C: 26.58mg (32.22%), Magnesium: 123.52mg (30.88%), Vitamin B3: 6.1mg (30.48%), Iron: 4.67mg (25.95%), Zinc: 3.86mg (25.71%), Vitamin B12: 1.46µg (24.36%), Potassium: 806.87mg (23.05%), Copper: 0.46mg (22.75%), Selenium: 15.87µg (22.67%), Vitamin B1: 0.27mg (17.71%), Vitamin B2: 0.27mg (15.75%), Vitamin B5: 1.26mg (12.57%), Calcium: 106.6mg (10.66%), Vitamin E: 0.85mg (5.7%)