



HEALTH SCORE

82%

Layered hummus, tabbouleh & feta picnic bowl



Vegetarian



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g water
- ☐ 400 g chickpeas rinsed drained canned
- ☐ 200 g pack feta cheese
- ☐ 1 handful olives black pitted
- ☐ 1 romaine heart crisp
- ☐ 4 servings flatbreads
- ☐ 85 g bulgur wheat

- ☐ 80 g mint leaves finely chopped
- ☐ 80 g flat-leaf parsley finely chopped
- ☐ 2 large tomatoes ripe deseeded chopped
- ☐ 1 onion red finely chopped
- ☐ 1 lemon zest
- ☐ 4 tbsp olive oil for drizzling

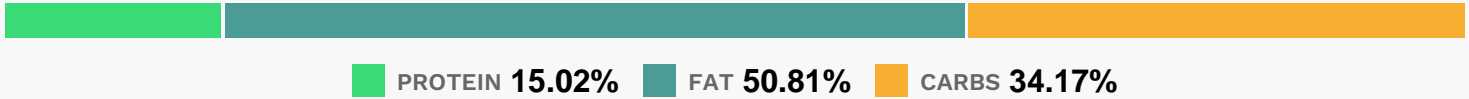
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ First, make the tabbouleh. Tip the bulgur into a saucepan, cover with water, season with salt, then bring to the boil and simmer for 15 mins until tender.
- ☐ Drain in a sieve, rinse under cold running water, then leave to drain over the pan.
- ☐ Mix the mint and parsley with the tomatoes, onion and drained bulghar.
- ☐ Whisk the lemon zest and juice and oil together with seasoning, then toss with the bulgur.
- ☐ Spoon the hummus into the bottom of a portable picnic bowl or large Tupperware (or use a large plastic mixing bowl, as you can cover it tightly with cling film later). Scatter with the chickpeas, then sprinkle with seasoning and drizzle with a little oil. Spoon the tabbouleh on top. Now top with the feta and olives, then tear over the lettuce leaves.
- ☐ Cover the bowl tightly with its lid or some cling film. Put a little more olive oil in a sealed container to take with you, then chill the salad for up to 24 hrs.
- ☐ To eat, drizzle the olive oil over the leaves, then scoop the salad onto serving plates, making sure everyone gets a bit of each layer.
- ☐ Serve with the flatbreads for everyone to tear and share.

Nutrition Facts



Properties

Glycemic Index:58.71, Glycemic Load:13.58, Inflammation Score:-10, Nutrition Score:42.266956500385%

Flavonoids

Eriodictyol: 6.18mg, Eriodictyol: 6.18mg, Eriodictyol: 6.18mg, Eriodictyol: 6.18mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 44.19mg, Apigenin: 44.19mg, Apigenin: 44.19mg, Apigenin: 44.19mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg, Myricetin: 3.09mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 643.28kcal (32.16%), Fat: 37.95g (58.38%), Saturated Fat: 10.49g (65.57%), Carbohydrates: 57.42g (19.14%), Net Carbohydrates: 38.78g (14.1%), Sugar: 4.02g (4.46%), Cholesterol: 44.5mg (14.83%), Sodium: 1336.8mg (58.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.24g (50.47%), Vitamin K: 352.29µg (335.51%), Manganese: 2.69mg (134.37%), Vitamin A: 4180.99IU (83.62%), Fiber: 18.64g (74.56%), Vitamin C: 49.78mg (60.34%), Vitamin B6: 1.12mg (55.96%), Phosphorus: 548.54mg (54.85%), Folate: 212.03µg (53.01%), Copper: 0.94mg (47.04%), Magnesium: 183.55mg (45.89%), Calcium: 425.77mg (42.58%), Iron: 7.29mg (40.5%), Vitamin B2: 0.63mg (37.06%), Zinc: 5.04mg (33.63%), Vitamin B1: 0.43mg (28.57%), Potassium: 994.17mg (28.41%), Vitamin E: 2.98mg (19.83%), Selenium: 13.27µg (18.96%), Vitamin B3: 3.54mg (17.69%), Vitamin B5: 1.42mg (14.23%), Vitamin B12: 0.85µg (14.08%), Vitamin D: 0.2µg (1.33%)