



Layered Lebanese Salad

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large to 2 bell peppers red chopped
- ☐ 1 cup bulgur wheat uncooked
- ☐ 0.3 cup chicken broth
- ☐ 2 cups cucumber peeled seeded chopped (2 medium cucumbers)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 cups onion red finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 5 cups tomatoes chopped (4 large tomatoes)

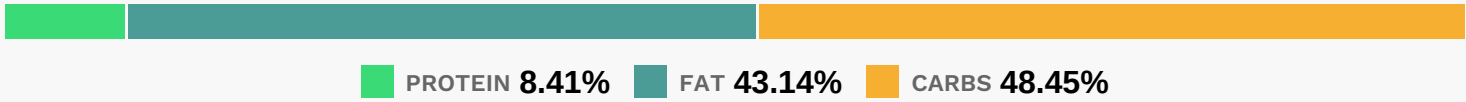
Equipment

- ☐ bowl

Directions

- ☐ Place bulgur in a large glass bowl. Stir together lemon juice and next 5 ingredients; drizzle lemon juice mixture evenly over bulgur, and let stand 30 minutes at room temperature.
- ☐ Layer onion and next 6 ingredients over bulgur mixture. Cover and chill at least 24 hours or up to 48 hours.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:4.67, Inflammation Score:-8, Nutrition Score:11.169130422013%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg, Apigenin: 5.5mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg, Isorhamnetin: 1.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 126.73kcal (6.34%), Fat: 6.47g (9.95%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 12.26g (4.46%), Sugar: 3.92g (4.35%), Cholesterol: 0.13mg (0.04%), Sodium: 324.95mg (14.13%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin K: 52.19µg (49.71%), Vitamin C: 36.29mg (43.99%), Manganese: 0.55mg (27.66%), Vitamin A: 1329.26IU (26.59%), Fiber: 4.08g (16.3%), Vitamin E: 1.47mg (9.78%), Potassium: 336.47mg (9.61%), Vitamin B6: 0.19mg (9.58%), Magnesium: 36.96mg (9.24%), Folate: 35.71µg (8.93%), Phosphorus: 71.32mg (7.13%), Vitamin B3: 1.24mg (6.22%), Copper: 0.12mg (6.03%), Vitamin B1: 0.09mg (5.69%), Iron: 1mg (5.53%), Vitamin B2: 0.07mg (3.86%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.34mg (3.41%), Calcium: 32.98mg (3.3%)