



Lebanese Layered Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur uncooked
- ☐ 2 cups cucumber peeled seeded chopped
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.8 cup juice of lemon fresh (4 large lemons)

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup bell pepper red chopped
- ☐ 2 cups onion red finely chopped
- ☐ 1.8 teaspoons salt divided
- ☐ 5 cups tomatoes chopped

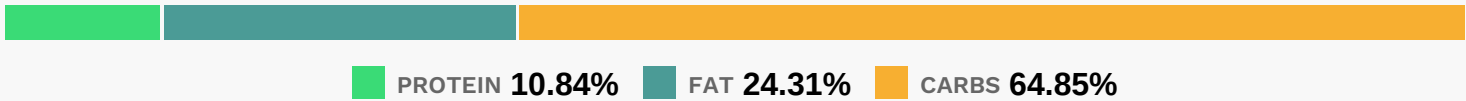
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Place bulgur in a large bowl.
- ☐ Combine juice, oil, 1 teaspoon salt, and garlic in a small bowl; stir well with a whisk.
- ☐ Drizzle juice mixture over bulgur.
- ☐ Layer onion, tomato, parsley, mint, dill, cucumber, and bell pepper evenly over bulgur mixture.
- ☐ Sprinkle with 3/4 teaspoon salt and black pepper. Cover with plastic wrap; refrigerate at least 24 hours or up to 48 hours before serving.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:6.98, Inflammation Score:-9, Nutrition Score:16.456521863523%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg, Isorhamnetin: 2.64mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg

9.63mg, Quercetin: 9.63mg, Quercetin: 9.63mg

Nutrients (% of daily need)

Calories: 143.2kcal (7.16%), Fat: 4.2g (6.47%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 19.12g (6.95%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 523.71mg (22.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.43%), Vitamin K: 74.88µg (71.32%), Vitamin C: 56.96mg (69.04%), Manganese: 0.82mg (41.24%), Vitamin A: 1935.74IU (38.71%), Fiber: 6.11g (24.45%), Potassium: 512.04mg (14.63%), Vitamin B6: 0.29mg (14.39%), Magnesium: 55.88mg (13.97%), Folate: 55.24µg (13.81%), Phosphorus: 107.12mg (10.71%), Vitamin E: 1.39mg (9.29%), Vitamin B3: 1.84mg (9.19%), Copper: 0.18mg (9.06%), Vitamin B1: 0.13mg (8.53%), Iron: 1.46mg (8.1%), Vitamin B2: 0.09mg (5.47%), Vitamin B5: 0.52mg (5.22%), Zinc: 0.78mg (5.19%), Calcium: 49.7mg (4.97%), Selenium: 0.85µg (1.21%)