



Lebanese Tabbouleh

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup bulgur fine
- ☐ 0.5 cucumber seedless cored peeled cut into 1/4-inch pieces
- ☐ 2 cups parsley fresh finely chopped (from 3 bunches)
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.8 teaspoon salt

- ☐ 2 medium tomatoes cut into 1/4-inch pieces
- ☐ 1 cup water

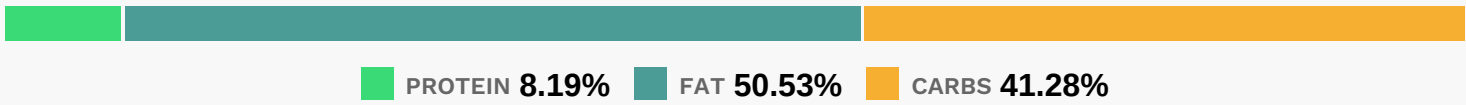
Equipment

- ☐ bowl
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Stir together bulgur and 1 tablespoon oil in a heatproof bowl.
- ☐ Pour boiling water over, then cover bowl tightly with plastic wrap and let stand 15 minutes.
- ☐ Drain in a sieve, pressing on bulgur to remove any excess liquid.
- ☐ Transfer bulgur to a bowl and toss with remaining ingredients, including 2 tablespoons oil, until combined well.
- ☐ * These long, narrow cucumbers are often marketed as "European" and are usually sold in plastic wrap to protect their thin, delicate, unwaxed skin.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:5.67, Inflammation Score:-10, Nutrition Score:19.133913084217%

Flavonoids

Eriodictyol: 2.29mg, Eriodictyol: 2.29mg, Eriodictyol: 2.29mg, Eriodictyol: 2.29mg Hesperetin: 2.2mg, Hesperetin: 2.2mg, Hesperetin: 2.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 64.95mg, Apigenin: 64.95mg, Apigenin: 64.95mg, Apigenin: 64.95mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 4.53mg, Myricetin: 4.53mg, Myricetin: 4.53mg, Myricetin: 4.53mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 186.89kcal (9.34%), Fat: 11.22g (17.26%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 14.99g (5.45%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 464.68mg (20.2%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin K: 509.87µg (485.59%), Vitamin C: 55.52mg (67.29%), Vitamin A: 3320.75IU (66.42%), Manganese: 0.77mg (38.29%), Fiber: 5.63g (22.53%), Folate: 70.86µg (17.71%), Iron: 2.93mg (16.28%), Magnesium: 61.33mg (15.33%), Vitamin E: 2.11mg (14.06%), Potassium: 484.28mg (13.84%), Phosphorus: 98.86mg (9.89%), Copper: 0.19mg (9.34%), Vitamin B3: 1.8mg (8.99%), Vitamin B6: 0.16mg (8.19%), Calcium: 76.72mg (7.67%), Vitamin B1: 0.11mg (7.12%), Zinc: 0.91mg (6.1%), Vitamin B2: 0.09mg (5.32%), Vitamin B5: 0.49mg (4.9%)