



 **100%**  
HEALTH SCORE

## Lebanese Tabouleh

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



213 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons bulgur wheat cooked
- 3 cups flat parsley
- 1 tablespoon mint leaves fresh
- 3 tablespoons spring onion finely chopped
- 1 juice of lemon
- 2 tablespoons olive oil
- 0.3 cup roma tomatoes finely chopped

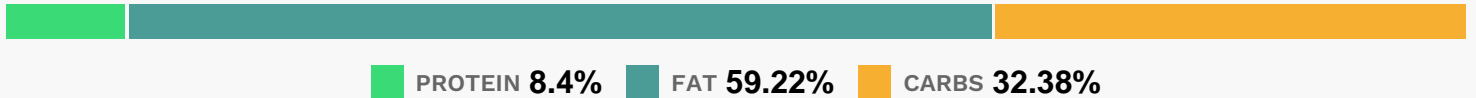
### Equipment

- food processor
- paper towels
- mixing bowl
- colander

## Directions

- Remove stems from parsley and mint. Rinse leaves in a colander. Pat dry with paper towel. In a food processor pulse parsley and mint until finely chopped.
- Transfer to a large mixing bowl.
- Add green onions, tomatoes and bulgur wheat; stir to combine. Toss with lemon juice and olive oil. Refrigerate for an hour before serving.
- Serve on its own or with pita bread
- Serves 2

## Nutrition Facts



## Properties

Glycemic Index: 74.5, Glycemic Load: 4.72, Inflammation Score: -10, Nutrition Score: 24.836086956522%

## Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 194.06mg, Apigenin: 194.06mg, Apigenin: 194.06mg, Apigenin: 194.06mg Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg, Luteolin: 1.31mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 13.4mg, Myricetin: 13.4mg, Myricetin: 13.4mg, Myricetin: 13.4mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Taste

Sweetness: 33.16%, Saltiness: 45.12%, Sourness: 100%, Bitterness: 58.82%, Savoriness: 29.94%, Fattiness: 88.88%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 212.51kcal (10.63%), Fat: 15.01g (23.1%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 12.37g (4.5%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 56.67mg (2.46%), Protein:

4.79g (9.59%), Vitamin K: 1505.63µg (1433.94%), Vitamin A: 8025.9IU (160.52%), Vitamin C: 132.04mg (160.05%), Folate: 156.25µg (39.06%), Iron: 6.32mg (35.11%), Manganese: 0.61mg (30.37%), Fiber: 6.1g (24.44%), Vitamin E: 2.93mg (19.54%), Potassium: 675mg (19.29%), Magnesium: 73.62mg (18.4%), Calcium: 145.16mg (14.52%), Copper: 0.21mg (10.59%), Vitamin B3: 2.1mg (10.51%), Phosphorus: 103.45mg (10.35%), Zinc: 1.33mg (8.85%), Vitamin B1: 0.13mg (8.54%), Vitamin B6: 0.16mg (8.17%), Vitamin B2: 0.12mg (7.32%), Vitamin B5: 0.55mg (5.53%)