



55%
HEALTH SCORE

Lemon and Fresh Herb Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup basil fresh finely chopped
- ☐ 3 tablespoons cilantro leaves fresh finely chopped
- ☐ 3 tablespoons optional: dill fresh finely chopped
- ☐ 2 cups parsley fresh finely chopped (3 bunches)
- ☐ 0.3 cup mint leaves fresh finely chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 cup juice of lemon fresh

- ☐ 0.5 cup bulgur fine-grain
- ☐ 0.8 cup onion diced red
- ☐ 2 medium tomatoes diced seeded

Equipment

- ☐ bowl
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Bring a kettle of water to a boil. Stir together the bulgur and 1 tablespoon of the oil in a heatproof bowl.
- ☐ Add boiling water to cover. Cover the bowl tightly with plastic wrap and let stand for 15 minutes.
- ☐ Drain in a sieve, pressing on the bulgur to remove any excess liquid.
- ☐ Transfer the bulgur to a large bowl and toss with the remaining 1 tablespoon oil and the rest of the ingredients until everything is well mixed. Cover and refrigerate for at least 3 hours.
- ☐ Serve cold.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook by Cleveland Clinic Heart Center, Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt. ©2007 by Cleveland Clinic Heart Center, Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt. Published by Broadway Books. Bonnie Sanders Polin, Ph.D., and Frances Towner Giedt won a James Beard Award for The Joslin Diabetes Gourmet Cookbook. They are also the authors of The Joslin Diabetes Quick and Easy Cookbook, The Joslin Diabetes Healthy Carbohydrate Cookbook, and The Joslin Diabetes Great Chefs Cook Healthy Cookbook. Bonnie Polin lives in Tulsa, Oklahoma, and Frances Giedt lives in Arlington, Texas. Steven E. Nissen, M.D., is chairman of the Department of Cardiovascular Medicine at Cleveland Clinic Heart and Vascular Institute and the current president of the American College of Cardiology.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:3.21, Inflammation Score:-8, Nutrition Score:11.903912971849%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 32.42mg, Apigenin: 32.42mg, Apigenin: 32.42mg, Apigenin: 32.42mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 82.74kcal (4.14%), Fat: 3.86g (5.95%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 8.51g (3.1%), Sugar: 1.88g (2.08%), Cholesterol: 0mg (0%), Sodium: 13.1mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin K: 254.35µg (242.24%), Vitamin C: 30.34mg (36.78%), Vitamin A: 1662.42IU (33.25%), Manganese: 0.39mg (19.6%), Fiber: 2.94g (11.74%), Folate: 37.65µg (9.41%), Iron: 1.43mg (7.95%), Magnesium: 29.63mg (7.41%), Potassium: 242.04mg (6.92%), Vitamin E: 0.82mg (5.44%), Vitamin B6: 0.1mg (5.2%), Phosphorus: 50.6mg (5.06%), Vitamin B3: 0.9mg (4.51%), Copper: 0.09mg (4.46%), Calcium: 38.59mg (3.86%), Vitamin B1: 0.06mg (3.83%), Zinc: 0.45mg (3%), Vitamin B2: 0.04mg (2.54%), Vitamin B5: 0.22mg (2.24%)