



Libanais Breakfast

 Vegetarian  Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup bulgur uncooked
- 6 large eggs
- 2 tablespoons mint leaves fresh chopped
- 0.8 cup parsley fresh chopped
- 0.1 teaspoon ground pepper red
- 3 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra virgin extra-virgin divided

- 3 6-inch wholewheat pita breads cut into 8 wedges ()
- 1 cup plum tomatoes seeded chopped
- 3 tablespoons onion red finely chopped
- 0.8 teaspoon salt divided
- 1 cup water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- sieve
- slotted spoon

Directions

- Preheat oven to 35
- Arrange pita wedges in a single layer on a baking sheet. Lightly brush pita wedges with 2 tablespoons oil; bake at 350 for 20 minutes or until golden.
- Combine 1 cup water and bulgur in a large bowl.
- Let stand 30 minutes or until bulgur is tender.
- Drain bulgur through a fine sieve; discard liquid.
- Place bulgur in a medium bowl.
- Add remaining 2 tablespoons oil, tomato, parsley, onion, mint, juice, 1/2 teaspoon salt, 1/4 teaspoon black pepper, and red pepper; toss well. Refrigerate for 30 minutes.
- Bring a medium saucepan of water to a boil. With a slotted spoon, carefully lower eggs into pan; cook 6 minutes.
- Drain and rinse eggs with cold running water until cool (about 1 minute). Peel eggs.
- Place 1/3 cup tabbouleh and 4 pita wedges on each of 6 plates; top each serving with 1 egg.

Sprinkle eggs with remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper.

Nutrition Facts

PROTEIN 16.32% **FAT 66.04%** **CARBS 17.64%**

Properties

Glycemic Index:50.83, Glycemic Load:2.44, Inflammation Score:-7, Nutrition Score:14.32695662457%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 16.26mg, Apigenin: 16.26mg, Apigenin: 16.26mg, Apigenin: 16.26mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 187.55kcal (9.38%), Fat: 14.03g (21.58%), Saturated Fat: 2.86g (17.84%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 6.34g (2.31%), Sugar: 1.72g (1.91%), Cholesterol: 186mg (62%), Sodium: 374.52mg (16.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Vitamin K: 132.12µg (125.83%), Vitamin A: 1320.39IU (26.41%), Vitamin C: 19.21mg (23.29%), Selenium: 15.54µg (22.2%), Vitamin B2: 0.26mg (15.18%), Manganese: 0.3mg (15.05%), Vitamin E: 2.12mg (14.13%), Phosphorus: 134.45mg (13.45%), Folate: 46.93µg (11.73%), Iron: 1.77mg (9.84%), Vitamin B5: 0.92mg (9.18%), Fiber: 2.09g (8.37%), Vitamin B6: 0.16mg (7.83%), Vitamin B12: 0.44µg (7.42%), Potassium: 256.23mg (7.32%), Magnesium: 26.82mg (6.7%), Vitamin D: 1µg (6.67%), Zinc: 0.95mg (6.32%), Copper: 0.11mg (5.42%), Calcium: 52.67mg (5.27%), Vitamin B1: 0.06mg (4.11%), Vitamin B3: 0.73mg (3.63%)