



HEALTH SCORE

60%

Mint and Pistachio Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 Dash allspice



0.3 teaspoon pepper black



1 cup bulgur cooked



0.5 cup cucumber chopped



0.5 cup grape tomatoes halved



1 cup kale stemmed chopped



0.3 teaspoon kosher salt



1 tablespoon juice of lemon fresh

- ☐ 0.3 cup mint leaves chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pistachios shelled
- ☐ 0.3 cup onion red chopped

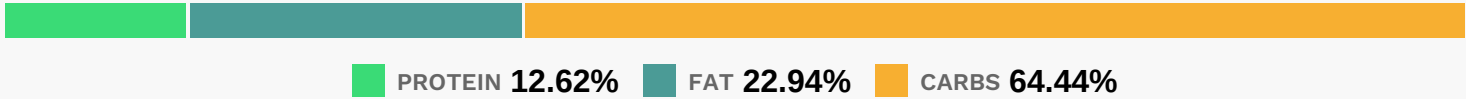
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine cooked bulgur, kale, cucumber, tomatoes, onion, mint, and pistachios in a large bowl.
- ☐ Combine lemon juice, olive oil, kosher salt, black pepper, and allspice in a bowl, stirring with a whisk.
- ☐ Add lemon juice mixture to kale mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:8.69, Inflammation Score:-8, Nutrition Score:9.842608768007%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 154.73kcal (7.74%), Fat: 4.22g (6.49%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 19.86g (7.22%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 105.97mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.45%), Manganese: 1.08mg (54.15%), Fiber: 6.81g (27.25%), Vitamin K: 16.97µg (16.16%), Magnesium: 62.71mg (15.68%), Phosphorus: 127.36mg (12.74%), Vitamin A: 567.25IU (11.34%), Vitamin B6: 0.22mg (11.21%), Copper: 0.2mg (9.87%), Vitamin C: 7.8mg (9.45%), Vitamin B3: 1.79mg (8.95%), Vitamin B1: 0.13mg (8.84%), Potassium: 261.18mg (7.46%), Iron: 1.21mg (6.73%), Zinc: 0.79mg (5.27%), Folate: 20.43µg (5.11%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.07mg (3.99%), Calcium: 36.57mg (3.66%), Vitamin E: 0.43mg (2.85%), Selenium: 1.15µg (1.64%)