



Minty Tabbouleh with Preserved Lemon



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp pepper black freshly ground
- ☐ 1 cup bulgur wheat
- ☐ 8 cups flat-leaf parsley leaves loosely packed 4 bunches
- ☐ 2 cups mint leaves fresh divided packed 2 bunches
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup juice of lemon fresh from 2 lemons
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 preserved lemons see Notes

☐ 1 tsp salt

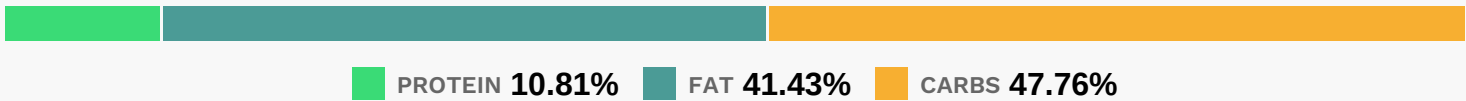
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Put bulgur and salt in a large bowl.
- ☐ Pour 1 1/2 cups boiling water over bulgur, cover bowl, and let sit 20 minutes.
- ☐ Meanwhile, in a blender or food processor, whirl 1 cup packed mint leaves, the oil, lemon juice, garlic, and pepper until smooth, scraping down sides as necessary.
- ☐ Pour dressing over bulgur, stir to combine, cover, and chill at least 30 minutes and up to overnight.
- ☐ Meanwhile, remove and discard pulp from preserved lemons. Rinse rind and chop finely. Stir into bulgur mixture. Finely chop parsley and remaining 1 cup packed mint leaves (or pulse them in batches in a food processor).
- ☐ Add to bulgur mixture and stir to combine thoroughly.
- ☐ Add more salt or pepper to taste. Tabbouleh keeps, covered and chilled, for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:23.241739161637%

Flavonoids

Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg, Eriodictyol: 3.85mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 129.89mg, Apigenin: 129.89mg, Apigenin: 129.89mg, Apigenin: 129.89mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 8.92mg, Myricetin: 8.92mg, Myricetin: 8.92mg, Myricetin: 8.92mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 152.49kcal (7.62%), Fat: 7.59g (11.68%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 13.5g (4.91%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 331.14mg (14.4%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Vitamin K: 988.82µg (941.73%), Vitamin A: 5535.77IU (110.72%), Vitamin C: 86.56mg (104.92%), Manganese: 0.81mg (40.39%), Folate: 110.34µg (27.58%), Iron: 4.81mg (26.7%), Fiber: 6.2g (24.78%), Magnesium: 68.78mg (17.19%), Potassium: 482.47mg (13.78%), Calcium: 119.43mg (11.94%), Phosphorus: 97.67mg (9.77%), Vitamin E: 1.45mg (9.65%), Copper: 0.19mg (9.6%), Vitamin B3: 1.89mg (9.44%), Zinc: 1.12mg (7.47%), Vitamin B6: 0.14mg (7.09%), Vitamin B1: 0.1mg (7%), Vitamin B2: 0.11mg (6.55%), Vitamin B5: 0.48mg (4.79%)