



Mixed Grain Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 large cucumber diced english peeled
- ☐ 1.5 cups parsley fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 6 spring onion thinly sliced
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup olive oil extra virgin extra-virgin

- ☐ 1 cup quick-cooking barley
- ☐ 1 cup quinoa
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup wheat berries

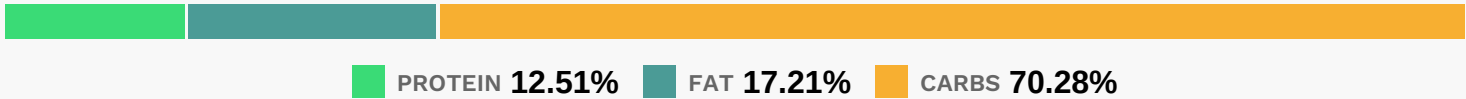
Equipment

- ☐ bowl

Directions

- ☐ Cook each grain separately in 2 cups water and 1 teaspoon salt. Cover and bring to a boil. Turn heat to low; simmer quinoa 20 minutes, barley 35 minutes, and wheat berries 55 minutes, or until water is absorbed and grains are tender.
- ☐ Let sit, covered, 15 minutes.
- ☐ Combine grains in a bowl, and let cool. (Grains may be cooked up to 3 days in advance and refrigerated.) Stir in lemon juice and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:16.585652258085%

Flavonoids

Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 19.53mg, Apigenin: 19.53mg, Apigenin: 19.53mg, Apigenin: 19.53mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 248.19kcal (12.41%), Fat: 4.93g (7.58%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 37.24g (13.54%), Sugar: 1.96g (2.17%), Cholesterol: 0mg (0%), Sodium: 129.9mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin K: 170.81µg (162.68%), Manganese: 0.73mg

(36.59%), Fiber: 8.06g (32.24%), Vitamin C: 26.39mg (31.99%), Vitamin A: 1110.81IU (22.22%), Iron: 3.02mg (16.78%), Folate: 65.16µg (16.29%), Magnesium: 64.52mg (16.13%), Phosphorus: 148.09mg (14.81%), Selenium: 9.29µg (13.28%), Copper: 0.25mg (12.46%), Potassium: 357.26mg (10.21%), Vitamin B6: 0.19mg (9.58%), Vitamin B1: 0.13mg (8.99%), Zinc: 1.21mg (8.08%), Vitamin E: 1.19mg (7.92%), Vitamin B3: 1.57mg (7.87%), Vitamin B2: 0.12mg (6.82%), Calcium: 55.11mg (5.51%), Vitamin B5: 0.37mg (3.7%)