



Pomegranate Tabbouleh Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bulgur
- ☐ 0.5 cup cucumber chopped ()
- ☐ 0.3 cup feta
- ☐ 0.3 cup green onions chopped ()
- ☐ 0.3 cup mint leaves chopped ()
- ☐ 0.5 cup parsley chopped ()
- ☐ 3 tablespoons pomegranate vinaigrette
- ☐ 0.3 cup pomegranate seeds

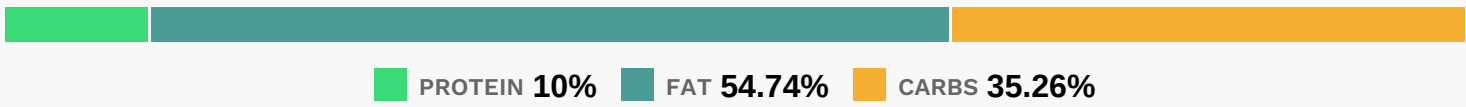
- ☐ 0.5 cup tomatoes chopped ()
- ☐ 0.3 cup walnuts toasted ()
- ☐ 1 cup water

Equipment

Directions

- ☐ Bring the water to a boil and turn off the heat.
- ☐ Mix in the bulgur, cover and let sit for 20 minutes.
- ☐ Toss the bulgur with the parsley, mint, green onion, tomato, cucumber, walnuts, pomegranate seeds and feta in the pomegranate vinaigrette to coat.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:6.34, Inflammation Score:-8, Nutrition Score:14.611304241678%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 206.92kcal (10.35%), Fat: 13.31g (20.48%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 19.3g (6.43%), Net Carbohydrates: 14.22g (5.17%), Sugar: 2.9g (3.22%), Cholesterol: 8.34mg (2.78%), Sodium: 120.72mg (5.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Vitamin K: 152.84µg (145.56%), Manganese: 0.89mg (44.32%), Vitamin A: 1023.3IU (20.47%), Fiber: 5.08g (20.31%), Vitamin C: 16.27mg (19.72%), Magnesium: 55.15mg (13.79%), Phosphorus: 129.76mg (12.98%), Copper: 0.25mg (12.6%), Folate: 42.51µg (10.63%), Vitamin B6:

0.18mg (9.21%), Calcium: 88.18mg (8.82%), Iron: 1.52mg (8.46%), Vitamin B2: 0.14mg (8.42%), Potassium: 276.52mg (7.9%), Vitamin B1: 0.11mg (7.41%), Zinc: 1.07mg (7.14%), Vitamin B3: 1.4mg (6.98%), Vitamin E: 0.89mg (5.93%), Vitamin B5: 0.45mg (4.55%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.16µg (2.64%)