



HEALTH SCORE

87%

Pork Tabbouleh



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur uncooked
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 1 cup cucumber seeded chopped
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 cup parsley fresh finely chopped
- ☐ 1 garlic clove minced

- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup juice of lemon (2 lemons)
- ☐ 1.5 cups plum tomatoes seeded chopped
- ☐ 1.5 cups simply roasted pork cubed () (8 ounces)
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups water boiling

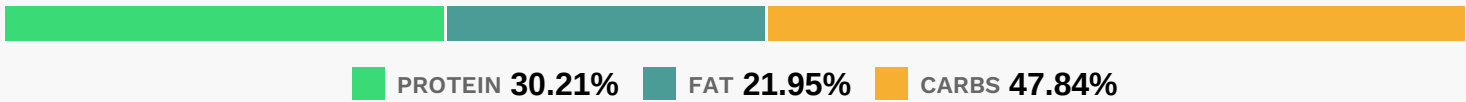
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine water and bulgur in a large bowl; cover and let stand 15 minutes or until water is absorbed and bulgur is tender.
- ☐ Add Simply Roasted Pork and next 6 ingredients (through chickpeas); toss gently to combine.
- ☐ Combine lemon juice and remaining ingredients, stirring with a whisk.
- ☐ Drizzle juice mixture over pork mixture; toss to combine. Chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:44.39, Glycemic Load:9.93, Inflammation Score:-9, Nutrition Score:25.57521733512%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg, Hesperetin: 2.34mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg, Apigenin: 21.75mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin: 1.57mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 269.08kcal (13.45%), Fat: 6.79g (10.45%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 24.04g (8.74%), Sugar: 2.58g (2.87%), Cholesterol: 37.26mg (12.42%), Sodium: 541.97mg (23.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Vitamin K: 189.51µg (180.49%), Manganese: 1.49mg (74.64%), Vitamin B6: 0.96mg (48.15%), Fiber: 9.28g (37.1%), Vitamin C: 30.35mg (36.78%), Vitamin A: 1607.84IU (32.16%), Phosphorus: 294.12mg (29.41%), Vitamin B3: 5.3mg (26.51%), Selenium: 18.56µg (26.51%), Vitamin B1: 0.39mg (25.93%), Magnesium: 93.93mg (23.48%), Potassium: 709.56mg (20.27%), Iron: 2.98mg (16.55%), Copper: 0.32mg (16.19%), Folate: 64.13µg (16.03%), Zinc: 2.36mg (15.73%), Vitamin B2: 0.19mg (11.43%), Vitamin B5: 1.09mg (10.9%), Calcium: 78.75mg (7.88%), Vitamin E: 0.9mg (5.97%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.24µg (1.58%)