



HEALTH SCORE

55%

Preserved Lime Tabbouleh Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur uncooked
- ☐ 14 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 cup cucumber english chopped
- ☐ 0.8 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 tablespoons kalamata olives pitted coarsely chopped
- ☐ 0.5 teaspoon kosher salt

- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 quarters preserved limes finely chopped quick
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 cup plum tomatoes seeded chopped
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 Dash sugar
- ☐ 1.5 cups water hot
- ☐ 3 tablespoons water

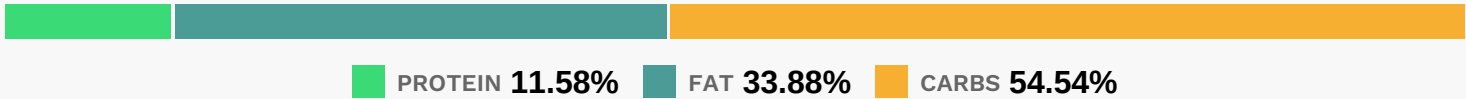
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine bulgur and 1 1/2 cups hot water in a medium bowl; let stand 1 hour.
- ☐ Drain.
- ☐ Combine bulgur, cucumber, and next 5 ingredients (through chickpeas) in a large bowl.
- ☐ Combine oil and remaining ingredients in a blender; process until smooth.
- ☐ Pour dressing over bulgur mixture; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:58.57, Glycemic Load:10.25, Inflammation Score:-8, Nutrition Score:17.916521663251%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Kaempferol: 0.16mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 233.79kcal (11.69%), Fat: 9.42g (14.49%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 34.11g (11.37%), Net Carbohydrates: 25.08g (9.12%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 455.45mg (19.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin K: 133.43µg (127.08%), Manganese: 1.37mg (68.69%), Fiber: 9.03g (36.1%), Vitamin C: 24.27mg (29.42%), Vitamin B6: 0.48mg (24.22%), Vitamin A: 940.36IU (18.81%), Magnesium: 70.91mg (17.73%), Phosphorus: 150.7mg (15.07%), Copper: 0.26mg (12.98%), Iron: 2.33mg (12.92%), Folate: 45.94µg (11.48%), Potassium: 398.53mg (11.39%), Vitamin E: 1.47mg (9.78%), Vitamin B3: 1.66mg (8.3%), Zinc: 1.16mg (7.72%), Vitamin B1: 0.11mg (7.59%), Calcium: 65.38mg (6.54%), Vitamin B5: 0.64mg (6.35%), Vitamin B2: 0.06mg (3.77%), Selenium: 2.25µg (3.22%)