



Ratatouille Tabbouleh Salad



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup bulgur uncooked



1.5 teaspoons salt



2 cups water boiling



1 tablespoon vegetable oil



1 cup zucchini finely sliced



1 cup to 3 sized squashes yellow finely sliced



1 cup onion red finely chopped



1 cup grape tomatoes halved

- ☐ 0.5 cup parsley fresh italian chopped (flat-leaf)
- ☐ 3 tablespoons balsamic vinegar

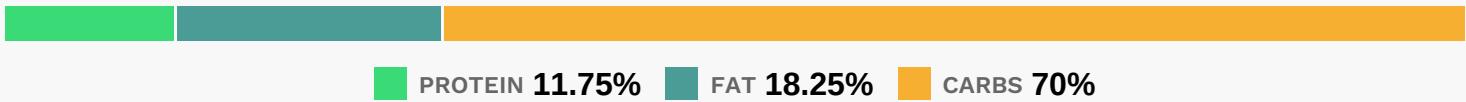
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, place bulgur and 1/2 teaspoon of the salt.
- ☐ Pour boiling water over bulgur; let stand 1 hour.
- ☐ Drain any remaining liquid from bulgur.
- ☐ Meanwhile, in 10-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add zucchini, yellow squash, onion, tomatoes and 1/2 teaspoon salt; cook about 6 minutes, stirring frequently, until vegetables are tender.
- ☐ In large bowl, toss vegetable mixture, bulgur, parsley, vinegar and remaining 1/2 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:12.07, Inflammation Score:-8, Nutrition Score:17.731739153033%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 195.51kcal (9.78%), Fat: 4.19g (6.45%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 36.17g (12.06%), Net Carbohydrates: 27.77g (10.1%), Sugar: 6.07g (6.75%), Cholesterol: 0mg (0%), Sodium: 897.39mg (39.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Vitamin K: 135.2µg (128.76%), Manganese: 1.3mg (64.76%), Vitamin C: 28.39mg (34.41%), Fiber: 8.4g (33.6%), Vitamin A: 1064.54IU (21.29%), Magnesium: 82.28mg

(20.57%), Vitamin B6: 0.32mg (15.82%), Phosphorus: 154.68mg (15.47%), Potassium: 500.28mg (14.29%), Folate: 49.67µg (12.42%), Vitamin B3: 2.43mg (12.17%), Copper: 0.22mg (10.98%), Iron: 1.82mg (10.1%), Vitamin B1: 0.15mg (9.82%), Vitamin B2: 0.13mg (7.93%), Zinc: 1.09mg (7.28%), Vitamin B5: 0.59mg (5.85%), Calcium: 52.05mg (5.21%), Vitamin E: 0.64mg (4.24%), Selenium: 1.13µg (1.62%)