

sack



HEALTH SCORE

55%

Sack Lunch: Spicy Coriander Tabbouleh



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup bulgur



1 can garbanzo beans drained



6 servings ground pepper to taste



1 cup cucumber diced seedless finely



0.5 teaspoon cumin seeds whole



0.5 cup feta cheese crumbled



0.8 cup parsley fresh minced



0.5 cup mint leaves fresh

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.8 cup onion red minced
- ☐ 6 servings salt
- ☐ 0.5 cup spring onion finely chopped
- ☐ 1 cup tomatoes diced seeded finely (I'm skipping this until tomatoes are in season)
- ☐ 1 teaspoon coriander seeds whole

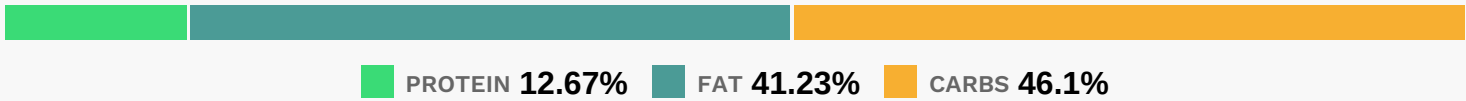
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring 1 1/2 cups water to a boil.
- ☐ Put the bulgur in a bowl, pour the boiling water over, and add the lemon juice, olive oil, and 1 teaspoon salt. Stir, cover, and let stand for about an hour.
- ☐ While the bulgur is soaking, toast the coriander seeds, cumin seeds, and fennel seeds in a small skillet over moderate heat until very fragrant, 1 to 2 minutes.
- ☐ Let the seeds cool completely and then grind them into a fine powder.
- ☐ Stir together the red onion, ground spices, and 1/2 teaspoon salt.
- ☐ Let stand while the bulgur is soaking, at least 30 minutes.
- ☐ Drain the bulgur if necessary. If the bulgur has soaked up all the liquid, simply add the onion mixture, cucumber, tomato, herbs, scallion, and a dash of cayenne pepper. Toss well. Taste and adjust seasoning, adding salt and lemon juice if necessary. Stir in chickpeas and feta if desired.

Nutrition Facts



Properties

Glycemic Index:46.72, Glycemic Load:10.27, Inflammation Score:-9, Nutrition Score:21.91130453996%

Flavonoids

Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 16.37mg, Apigenin: 16.37mg, Apigenin: 16.37mg, Apigenin: 16.37mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 292.2kcal (14.61%), Fat: 14.14g (21.75%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 25.76g (9.37%), Sugar: 2.61g (2.9%), Cholesterol: 11.13mg (3.71%), Sodium: 560.51mg (24.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin K: 152.84µg (145.56%), Manganese: 1.52mg (76.16%), Vitamin A: 2000.75IU (40.01%), Fiber: 9.81g (39.25%), Vitamin B6: 0.61mg (30.59%), Vitamin C: 23.72mg (28.75%), Phosphorus: 207.48mg (20.75%), Magnesium: 81.79mg (20.45%), Iron: 2.9mg (16.12%), Folate: 63.09µg (15.77%), Vitamin E: 2.2mg (14.64%), Calcium: 139.23mg (13.92%), Copper: 0.27mg (13.58%), Potassium: 469.64mg (13.42%), Vitamin B2: 0.2mg (12.05%), Zinc: 1.68mg (11.17%), Vitamin B3: 2.01mg (10.03%), Vitamin B1: 0.15mg (9.7%), Vitamin B5: 0.74mg (7.44%), Selenium: 4.41µg (6.31%), Vitamin B12: 0.21µg (3.52%)