



Southwestern Tabbouleh Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup bulghur wheat uncooked



15.5 ounce black beans rinsed drained canned



8.8 ounce no-salt-added corn kernels drained canned



0.3 cup cilantro leaves fresh chopped



4 green onions chopped



0.5 teaspoon ground cumin



0.5 teaspoon ground pepper red



0.3 cup juice of lime fresh

- ☐ 0.5 teaspoon lime rind grated
- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 2 tomatoes chopped
- ☐ 1 cup water boiling

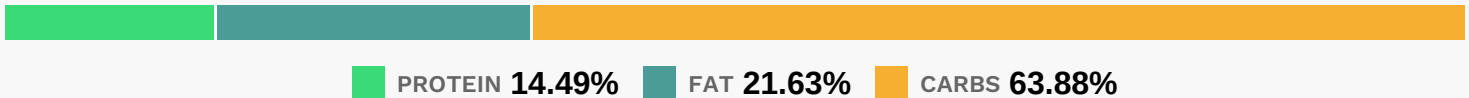
Equipment

- ☐ bowl

Directions

- ☐ Place bulghur in a large bowl, and add 1 cup boiling water. Cover and let stand 30 minutes.
- ☐ Add chopped tomato and remaining ingredients to bulghur. Toss gently. Chill up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:5.16, Inflammation Score:-6, Nutrition Score:10.356521844864%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 171.91kcal (8.6%), Fat: 4.4g (6.77%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 21.01g (7.64%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 354.81mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.27%), Manganese: 0.75mg (37.59%), Fiber: 8.23g (32.93%), Vitamin K: 18.99µg (18.09%), Folate: 59.38µg (14.84%), Magnesium: 58.23mg (14.56%), Phosphorus: 138mg (13.8%), Vitamin C: 9.87mg (11.96%), Potassium: 387.68mg (11.08%), Copper: 0.21mg (10.35%), Iron: 1.86mg (10.33%), Vitamin B1: 0.15mg (9.81%), Vitamin B3: 1.79mg (8.96%), Vitamin A: 424.88IU (8.5%), Vitamin B2: 0.13mg (7.52%), Vitamin B6: 0.14mg (6.85%), Zinc: 0.83mg (5.53%), Vitamin E: 0.81mg (5.42%), Vitamin B5: 0.44mg (4.38%), Calcium: 37.43mg (3.74%), Selenium: 1.37µg (1.96%)