



Spicy Southwestern Tabbouleh

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup avocado peeled chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup bulgur uncooked
- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup cucumber diced peeled seeded
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions sliced

- ☐ 0.1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons jalapeno diced seeded
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 0.8 teaspoon oregano dried
- ☐ 0.3 teaspoon paprika
- ☐ 1 Dash pepper sauce hot (such as Tabasco)
- ☐ 1 ounce queso fresco crumbled
- ☐ 1 cup onion red vertically sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup tomatoes diced seeded
- ☐ 1.3 cups water boiling
- ☐ 0.5 cup bell pepper diced yellow

Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Combine bulgur, 1 1/4 cups boiling water, and 1 1/2 teaspoons oil in a medium bowl; cover and let stand 20 minutes.
- ☐ Drain bulgur through a fine sieve; place bulgur in a medium bowl.
- ☐ Add cilantro and remaining ingredients; toss well.

Nutrition Facts



 **PROTEIN 7.69%**  **FAT 54.68%**  **CARBS 37.63%**

Properties

Glycemic Index:66.17, Glycemic Load:5.81, Inflammation Score:-8, Nutrition Score:11.651304182799%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg, Quercetin: 8.09mg

Nutrients (% of daily need)

Calories: 209.3kcal (10.47%), Fat: 13.42g (20.65%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 15.3g (5.56%), Sugar: 2.5g (2.78%), Cholesterol: 3.26mg (1.09%), Sodium: 243.13mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin C: 36.7mg (44.48%), Vitamin K: 38.78µg (36.94%), Manganese: 0.69mg (34.71%), Fiber: 5.48g (21.91%), Vitamin E: 2.16mg (14.37%), Vitamin A: 632.7IU (12.65%), Magnesium: 45.84mg (11.46%), Phosphorus: 101.92mg (10.19%), Vitamin B6: 0.2mg (10.07%), Folate: 36.78µg (9.2%), Potassium: 320.99mg (9.17%), Copper: 0.15mg (7.66%), Vitamin B3: 1.52mg (7.6%), Iron: 1.13mg (6.28%), Calcium: 62.1mg (6.21%), Vitamin B1: 0.09mg (5.84%), Vitamin B5: 0.51mg (5.06%), Zinc: 0.73mg (4.9%), Vitamin B2: 0.08mg (4.61%), Selenium: 1.75µg (2.5%), Vitamin B12: 0.08µg (1.32%)