



WHATSheATE



HEALTH SCORE

100%

Tabbouleh



Dairy Free



Very Healthy

READY IN



103 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 cup bulgur wheat



6 grilled chicken breasts as an accompaniment



2 cups cucumber diced peeled seeded



0.3 cup mint leaves fresh finely chopped



2 cups parsley leaves fresh finely chopped



1 teaspoon ground cumin



0.3 cup juice of lemon



1 teaspoon lemon zest grated

- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup onion diced red
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 cups tomatoes diced seeded
- ☐ 1.5 cups water boiling

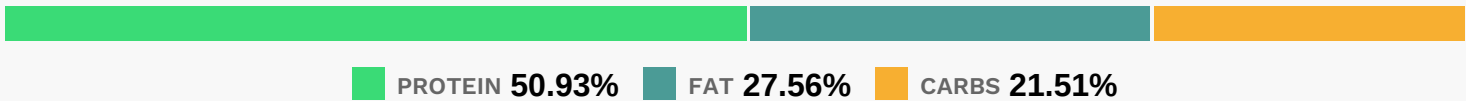
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the bulgur into a large heat-proof bowl.
- ☐ Pour the boiling water over it, stir and cover tightly with plastic wrap.
- ☐ Let it sit for about 15 minutes, until the water is absorbed and the bulgur is tender.
- ☐ Drain any excess water from the bulgur. Stir in the tomatoes, cucumber, onion, parsley, and mint. In a small bowl, whisk the oil, lemon juice, zest, cumin, salt and pepper.
- ☐ Pour the dressing over the bulgur mixture and toss well to combine. Cover and place in the refrigerator for 1 hour or more.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:7.41, Inflammation Score:-9, Nutrition Score:33.017391095991%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg,

Naringenin: 0.48mg Apigenin: 43.23mg, Apigenin: 43.23mg, Apigenin: 43.23mg, Apigenin: 43.23mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 3.04mg, Myricetin: 3.04mg, Myricetin: 3.04mg, Myricetin: 3.04mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 457.92kcal (22.9%), Fat: 13.92g (21.41%), Saturated Fat: 2.83g (17.66%), Carbohydrates: 24.44g (8.15%), Net Carbohydrates: 18.05g (6.56%), Sugar: 3.03g (3.36%), Cholesterol: 146.2mg (48.73%), Sodium: 150.92mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.87g (115.73%), Vitamin K: 340.52µg (324.31%), Vitamin B3: 25.44mg (127.18%), Selenium: 48.17µg (68.82%), Vitamin B6: 1.22mg (60.92%), Phosphorus: 503.36mg (50.34%), Vitamin C: 40.99mg (49.69%), Manganese: 0.93mg (46.66%), Vitamin A: 2280.69IU (45.61%), Magnesium: 114.91mg (28.73%), Fiber: 6.39g (25.56%), Potassium: 876.85mg (25.05%), Iron: 4.27mg (23.72%), Vitamin B5: 2.17mg (21.75%), Zinc: 2.62mg (17.49%), Vitamin B2: 0.28mg (16.26%), Folate: 64.75µg (16.19%), Vitamin B1: 0.24mg (15.79%), Copper: 0.28mg (14.1%), Vitamin E: 1.95mg (12.99%), Vitamin B12: 0.58µg (9.75%), Calcium: 88.33mg (8.83%), Vitamin D: 0.17µg (1.15%)