

food
network



HEALTH SCORE

86%

Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



195 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bulgur wheat (fine-medium grind)
- ☐ 2 cups hothouse cucumber diced halved seeded
- ☐ 2 cups flat-leaf parsley fresh finely chopped
- ☐ 0.5 cup mint leaves fresh finely chopped
- ☐ 1 cup green onions finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 juice of lemon juiced
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 cups tomatoes ripe seeded chopped
- ☐ 2 cups water hot

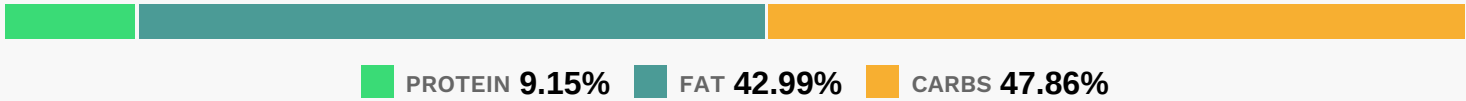
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ sieve
- ☐ plastic wrap
- ☐ wooden spoon

Directions

- ☐ Put the bulgur in a large bowl and pour in the hot water. Cover with a dish or plastic wrap and let stand for about 30 to 45 minutes to rehydrate.
- ☐ Drain in a strainer, pressing with the back of a wooden spoon to squeeze out as much water as possible.
- ☐ In a mixing bowl, combine the tomatoes, onions, cucumber, parsley, and mint. Toss the salad well to incorporate the ingredients; season with cumin, salt and pepper.
- ☐ Add the bulgur; moisten with the lemon juice and olive oil. Fold everything together to incorporate the ingredients. The flavor will improve if the tabbouleh sits for a few hours.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:7.38, Inflammation Score:-9, Nutrition Score:18.356086855349%

Flavonoids

Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg, Hesperetin: 1.83mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 43.3mg, Apigenin: 43.3mg, Apigenin: 43.3mg, Apigenin: 43.3mg Luteolin: 0.7mg,

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 3.03mg, Myricetin: 3.03mg, Myricetin: 3.03mg, Myricetin: 3.03mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 191.85kcal (9.59%), Fat: 9.77g (15.03%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 17.83g (6.48%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 26.89mg (1.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin K: 375.65µg (357.76%), Vitamin C: 43.03mg (52.16%), Vitamin A: 2461.27IU (49.23%), Manganese: 0.92mg (46.12%), Fiber: 6.64g (26.57%), Magnesium: 67.55mg (16.89%), Folate: 67.33µg (16.83%), Iron: 2.66mg (14.79%), Potassium: 466.51mg (13.33%), Vitamin E: 1.85mg (12.37%), Phosphorus: 113.52mg (11.35%), Copper: 0.21mg (10.6%), Vitamin B3: 1.94mg (9.68%), Vitamin B6: 0.18mg (9.04%), Vitamin B1: 0.12mg (7.95%), Calcium: 73.1mg (7.31%), Zinc: 0.95mg (6.35%), Vitamin B2: 0.09mg (5.44%), Vitamin B5: 0.51mg (5.14%), Selenium: 0.72µg (1.04%)