



Tabbouleh

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups water
- ☐ 1 cup bulgur uncooked
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 1.5 cups grape tomatoes cut in half
- ☐ 1 cup cucumber diced
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped

- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil

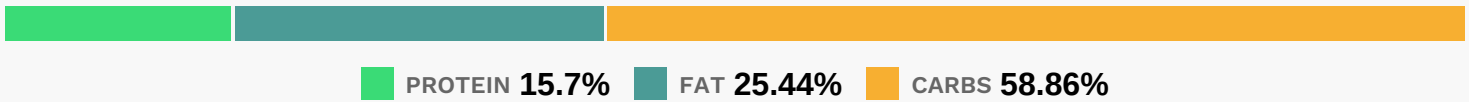
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 2-quart saucepan, heat water to boiling over medium-high heat.
- ☐ Add bulgur; reduce heat. Cover; simmer 13 to 15 minutes or until water is absorbed.
- ☐ Transfer to large bowl; cool completely.
- ☐ Add chickpeas, tomatoes, cucumber, onions, cheese, parsley, mint and salt to bulgur; toss gently. In small bowl, stir lemon juice and oil with wire whisk.
- ☐ Pour over bulgur mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:16.728260795707%

Flavonoids

Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg, Eriodictyol: 1.01mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 7.27mg, Apigenin: 7.27mg, Apigenin: 7.27mg, Apigenin: 7.27mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 201.51kcal (10.08%), Fat: 6.01g (9.25%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 22.81g (8.29%), Sugar: 1.86g (2.07%), Cholesterol: 7.42mg (2.47%), Sodium: 498.91mg (21.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Vitamin K: 78.45µg (74.72%), Manganese: 1.39mg (69.6%), Fiber: 8.48g (33.92%), Vitamin B6: 0.51mg (25.32%), Vitamin C: 16.35mg (19.82%), Magnesium: 71.62mg (17.9%), Phosphorus: 175.42mg (17.54%), Vitamin A: 809.44IU (16.19%), Copper: 0.26mg (12.78%), Folate: 49.71µg (12.43%), Iron: 2.09mg (11.59%), Potassium: 382.81mg (10.94%), Calcium: 98.06mg (9.81%), Zinc: 1.38mg (9.19%), Vitamin B3: 1.72mg (8.61%), Vitamin B1: 0.12mg (8.1%), Vitamin B2: 0.14mg (8.02%), Vitamin B5: 0.66mg (6.61%), Selenium: 3.29µg (4.7%), Vitamin E: 0.66mg (4.39%), Vitamin B12: 0.14µg (2.35%)