



HEALTH SCORE

87%

Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup cracked wheat uncooked



2 cups cucumber diced seeded



0.3 cup mint leaves fresh



1 garlic clove minced



0.3 cup juice of lemon fresh



2 tablespoons olive oil extra virgin extra-virgin



0.8 cup onion diced



4 cups parsley fresh

- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes diced seeded

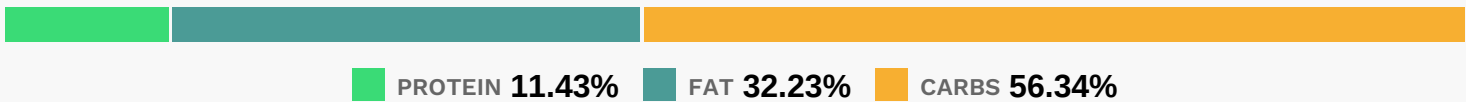
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place parsley and mint in a food processor; process until finely minced.
- ☐ Combine parsley mixture, cucumber, and remaining ingredients in a large bowl; toss well.
Cover and marinate in refrigerator at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:18.516521531603%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 86.29mg, Apigenin: 86.29mg, Apigenin: 86.29mg, Apigenin: 86.29mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 6.02mg, Myricetin: 6.02mg, Myricetin: 6.02mg, Myricetin: 6.02mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 161.7kcal (8.09%), Fat: 6.35g (9.77%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 19.4g (7.06%), Sugar: 3.45g (3.84%), Cholesterol: 0mg (0%), Sodium: 221.26mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin K: 666.01µg (634.3%), Vitamin C: 68.9mg (83.52%), Vitamin A: 3896.15IU (77.92%), Fiber: 5.58g (22.32%), Folate: 83.12µg (20.78%), Iron: 3.71mg (20.59%), Potassium: 546.65mg (15.62%), Phosphorus: 131.07mg (13.11%), Manganese: 0.21mg (10.57%), Magnesium: 35.23mg (8.81%), Vitamin E: 1.28mg (8.52%), Calcium: 77.41mg (7.74%), Copper: 0.14mg (6.91%), Vitamin B6: 0.14mg (6.86%), Vitamin B1: 0.08mg (5.43%), Vitamin B3: 0.91mg (4.53%), Zinc: 0.66mg (4.37%), Vitamin B2: 0.07mg (4.28%), Vitamin B5: 0.36mg (3.62%)