



WHATSheATE



Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



325 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 50 g bulgur wheat
- ☐ 50 g flat-leaf parsley chopped
- ☐ 50 g mint leaves chopped
- ☐ 200 g tomatoes diced ripe deseeded
- ☐ 3 spring onion finely sliced
- ☐ 1 juice of lemon
- ☐ 3 tbsp olive oil

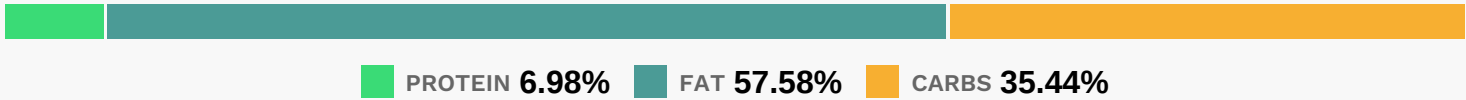
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Rinse the bulgur wheat in a sieve until the water runs clear.
- ☐ Drain well, then transfer to a bowl.
- ☐ Pour over 200ml boiling water, cover with cling film and leave to soak for 30 mins or so while you prepare the rest of the ingredients.
- ☐ Keeping the parsley in a bunch, chop the leaves roughly. Dont worry about the inclusion of some of the stalks; this all adds to the flavour. Now do the same with the mint.
- ☐ Put the chopped herbs in a large bowl and add the tomato and spring onion.
- ☐ Thoroughly drain the bulgur, then add to herb mix, along with lemon juice and olive oil.
- ☐ Mix thoroughly, season and serve.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:8.3, Inflammation Score:-10, Nutrition Score:25.076956489812%

Flavonoids

Eriodictyol: 8.46mg, Eriodictyol: 8.46mg, Eriodictyol: 8.46mg, Eriodictyol: 8.46mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Apigenin: 55.23mg, Apigenin: 55.23mg, Apigenin: 55.23mg, Apigenin: 55.23mg Luteolin: 3.46mg, Luteolin: 3.46mg, Luteolin: 3.46mg, Luteolin: 3.46mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 3.84mg, Myricetin: 3.84mg, Myricetin: 3.84mg, Myricetin: 3.84mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 324.7kcal (16.24%), Fat: 22.04g (33.9%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 21.41g (7.78%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 34.45mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin K: 468.28µg (445.98%), Vitamin A: 4183.61IU (83.67%), Vitamin C: 64.09mg (77.68%), Manganese: 1.24mg (62.03%), Fiber: 9.11g (36.45%), Vitamin E: 3.89mg (25.92%), Folate: 102.77µg (25.69%), Iron: 4.1mg (22.78%), Magnesium: 89mg (22.25%), Potassium: 685.59mg (19.59%), Copper: 0.28mg (13.98%), Phosphorus: 139.61mg (13.96%), Vitamin B3: 2.73mg (13.67%), Calcium:

128.07mg (12.81%), Vitamin B6: 0.24mg (11.91%), Vitamin B1: 0.15mg (10.03%), Vitamin B2: 0.16mg (9.14%), Zinc: 1.28mg (8.5%), Vitamin B5: 0.57mg (5.68%), Selenium: 0.72µg (1.03%)