



HEALTH SCORE

64%

Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy



Popular

READY IN



80 min.

SERVINGS



6

CALORIES



219 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 cups vegetable stock (for vegetarian option)



1 teaspoon salt



2 cups bulgur wheat



0.5 cup olive oil extra virgin



2 lemon zest



5 plum tomatoes seeded chopped



2 scallions chopped



2 cups parsley chopped

☐ 1 cup mint leaves fresh chopped

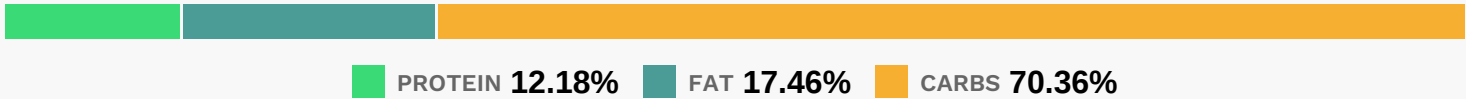
Equipment

☐ bowl

Directions

- ☐ Place the bulgur in a medium sized bowl. Bring the stock or water and the teaspoon of salt to a boil, pour it over the bulgur.
- ☐ Let sit for 30 minutes to an hour.
- ☐ Combine bulgur with remaining ingredients: In a large bowl, add the olive oil, lemon juice, bulgur and mix well.
- ☐ Add in all the other ingredients and mix to combine.
- ☐ Let sit 30 minutes: Taste the tabbouleh, and add more salt, olive oil or more lemon juice to taste.
- ☐ Let marinate for at least 30 minutes before serving. Will keep chilled for several days.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:13.86, Inflammation Score:-9, Nutrition Score:21.697826162629%

Flavonoids

Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 43.51mg, Apigenin: 43.51mg, Apigenin: 43.51mg, Apigenin: 43.51mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 3.04mg, Myricetin: 3.04mg, Myricetin: 3.04mg, Myricetin: 3.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 219.31kcal (10.97%), Fat: 4.57g (7.02%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 30.68g (11.16%), Sugar: 2.56g (2.85%), Cholesterol: 0mg (0%), Sodium: 725.79mg (31.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin K: 343.42µg (327.06%), Manganese: 1.61mg

(80.44%), Vitamin A: 2645.71IU (52.91%), Vitamin C: 39.4mg (47.75%), Fiber: 10.74g (42.94%), Magnesium: 99.33mg (24.83%), Phosphorus: 171.2mg (17.12%), Iron: 3.01mg (16.71%), Vitamin B3: 3.11mg (15.56%), Folate: 62.12µg (15.53%), Potassium: 481.61mg (13.76%), Copper: 0.25mg (12.34%), Vitamin B6: 0.23mg (11.72%), Vitamin B1: 0.15mg (10.28%), Zinc: 1.31mg (8.72%), Calcium: 73.16mg (7.32%), Vitamin E: 1mg (6.68%), Vitamin B5: 0.65mg (6.48%), Vitamin B2: 0.11mg (6.34%), Selenium: 1.13µg (1.62%)