



Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups bulgur
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 1 cup parsley fresh chopped
- ☐ 3 green onions minced
- ☐ 12 servings ground pepper black to taste
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 12 servings salt to taste

- ☐ 2 pounds tomatoes diced
- ☐ 3 cups water boiling

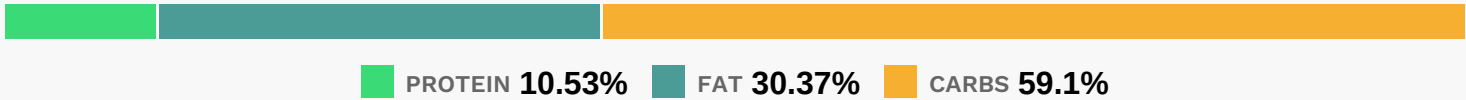
Equipment

- ☐ casserole dish

Directions

- ☐ Place bulgur in a casserole dish, and cover it with 3 cups boiling water. Cover.
- ☐ Let stand 30 minutes, or until the water has been absorbed.
- ☐ Fluff bulgur with a fork.
- ☐ Add tomatoes, parsley, green onions, mint, olive oil, lemon juice, salt and pepper; stir to combine. Cover, and refrigerate for 1 to 2 hours.
- ☐ Serve either chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.08, Glycemic Load:5.61, Inflammation Score:-7, Nutrition Score:11.882608760958%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg, Apigenin: 10.83mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 109.18kcal (5.46%), Fat: 3.95g (6.08%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 12.84g (4.67%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 207.21mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.17%), Vitamin K: 96.79µg (92.18%), Manganese: 0.66mg (32.86%), Vitamin C: 19.84mg (24.04%), Vitamin A: 1123.1IU (22.46%), Fiber: 4.47g (17.87%), Magnesium: 41.94mg (10.48%), Potassium: 298.87mg (8.54%), Phosphorus: 75.9mg (7.59%), Vitamin B3: 1.45mg (7.24%), Folate: 27.69µg (6.92%), Vitamin E: 0.99mg (6.57%), Vitamin B6: 0.13mg (6.52%), Copper: 0.13mg (6.4%), Iron: 1.07mg (5.95%), Vitamin B1:

0.08mg (5.11%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.28mg (2.84%), Calcium: 27.7mg (2.77%), Vitamin B2: 0.05mg (2.66%)