



Tabbouleh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup artichoke hearts canned drained sliced
- ☐ 1 cup bulgur uncooked
- ☐ 1 cup cherry tomato halves
- ☐ 1 cup cucumber diced peeled seeded
- ☐ 0.5 cup lentils dried
- ☐ 1 cup mint leaves fresh coarsely chopped
- ☐ 1 cup parsley fresh coarsely chopped
- ☐ 2 cloves garlic minced

- ☐ 0.5 cup juice of lemon
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup purple onion minced
- ☐ 2 cups water
- ☐ 2 cups water boiling

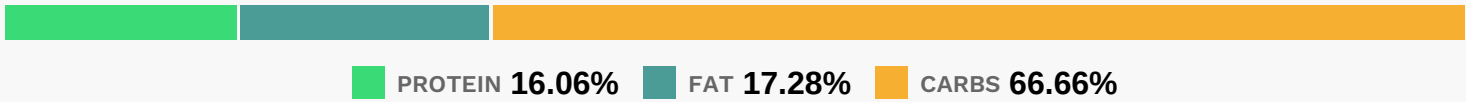
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine lentils and 2 cups water in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 40 minutes or until lentils are tender.
- ☐ Drain, rinse under cold water, and drain again.
- ☐ Transfer to a large bowl.
- ☐ Combine bulgur, boiling water, and lemon juice in a medium bowl; cover and let stand 30 minutes.
- ☐ Add bulgur mixture, parsley, and next 8 ingredients to lentils; toss well. Cover and chill at least 30 minutes. If desired, garnish with mint leaves, and serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:51.9, Glycemic Load:12.02, Inflammation Score:-9, Nutrition Score:27.826086707737%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Eriodictyol: 4.97mg, Eriodictyol: 4.97mg, Eriodictyol: 4.97mg, Eriodictyol: 4.97mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 32.93mg, Apigenin: 32.93mg, Apigenin: 32.93mg, Apigenin: 32.93mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg

1.6mg, Luteolin: 1.6mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg, Myricetin: 2.27mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 322.9kcal (16.14%), Fat: 6.4g (9.84%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 55.53g (18.51%), Net Carbohydrates: 37.35g (13.58%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 525.69mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.75%), Vitamin K: 254.98µg (242.84%), Manganese: 1.69mg (84.61%), Fiber: 18.18g (72.71%), Vitamin C: 47.89mg (58.05%), Folate: 179.52µg (44.88%), Vitamin A: 1963.84IU (39.28%), Magnesium: 117.52mg (29.38%), Phosphorus: 258.49mg (25.85%), Iron: 4.64mg (25.8%), Vitamin B1: 0.36mg (23.76%), Copper: 0.41mg (20.55%), Potassium: 716.24mg (20.46%), Vitamin B6: 0.38mg (19.05%), Zinc: 2.31mg (15.4%), Vitamin B3: 3.08mg (15.39%), Vitamin B5: 1.18mg (11.82%), Calcium: 99.88mg (9.99%), Vitamin B2: 0.16mg (9.65%), Vitamin E: 1.28mg (8.53%), Selenium: 3.39µg (4.84%)