



Tabbouleh Cobb Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup bulgur uncooked
- ☐ 15 ounce chickpeas drained canned garbanzo beans
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 cup cucumber seeded chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup green onion thinly sliced
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup roasted pepper dressing red
- ☐ 8 cups torn romaine lettuce
- ☐ 12 ounces turkey breast smoked cubed
- ☐ 0.5 cup water boiling

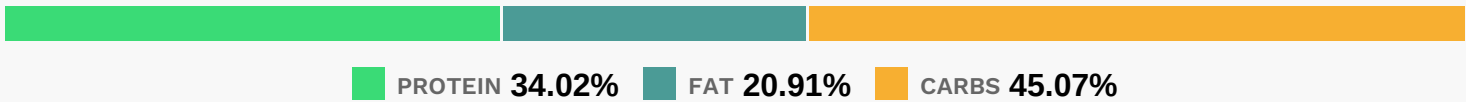
Equipment

- ☐ bowl

Directions

- ☐ To prepare tabbouleh, combine water and bulgur; let stand 30 minutes.
- ☐ Combine bulgur mixture, parsley, lemon juice, oil, and pepper.
- ☐ To prepare salad, place 2 cups of lettuce in each of 4 shallow bowls. Divide tabbouleh and remaining ingredients evenly in rows over lettuce, starting with 1/4 cup tabbouleh, 1/2 cup each turkey and tomatoes, 1/4 cup each cucumber and onion, and about 1/3 cup chickpeas.
- ☐ Drizzle with 3 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:33.06, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:27.288695558258%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 212.56kcal (10.63%), Fat: 5.2g (8%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 17.41g (6.33%), Sugar: 2.84g (3.15%), Cholesterol: 30.62mg (10.21%), Sodium: 571.45mg (24.85%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.04g (38.09%), Vitamin K: 144.48µg (137.6%), Vitamin A: 6208.49IU (124.17%), Manganese: 1.17mg (58.72%), Vitamin B6: 0.96mg (47.82%), Vitamin C: 30.17mg (36.57%), Vitamin B3: 7mg (35.02%), Folate: 137.4µg (34.35%), Fiber: 7.83g (31.31%), Phosphorus: 274.32mg (27.43%), Selenium: 15.24µg (21.77%), Potassium: 669.42mg (19.13%), Magnesium: 75.35mg (18.84%), Iron: 3.02mg (16.8%), Copper: 0.31mg (15.25%), Zinc: 1.83mg (12.2%), Vitamin B2: 0.19mg (10.96%), Vitamin B1: 0.15mg (10.31%), Vitamin B5: 1.01mg (10.13%), Calcium: 89.83mg (8.98%), Vitamin B12: 0.36µg (5.95%), Vitamin E: 0.86mg (5.72%)