



Tabbouleh I

 Vegetarian  Vegan  Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup bulgur
- 1 cucumber peeled seeded chopped
- 0.3 cup mint leaves fresh chopped
- 1 cup parsley fresh chopped
- 1 cup green onions chopped
- 8 servings ground pepper black to taste
- 0.3 cup juice of lemon
- 0.3 cup olive oil

- 1 teaspoon salt
- 3 tomatoes chopped
- 1.7 cups water boiling

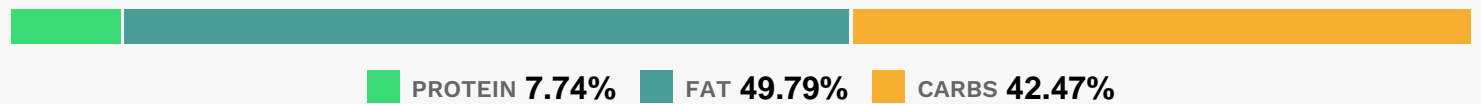
Equipment

- bowl

Directions

- Combine bulgur and boiling water in a large bowl. Cover, and set aside to soak for 1 hour.
- Add oil, lemon juice, onions, parsley, mint, tomatoes, and cucumber; toss to combine. Season to taste with salt and black pepper. Cover, and refrigerate for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:5.56, Inflammation Score:-8, Nutrition Score:13.433913137602%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 162.38kcal (8.12%), Fat: 9.51g (14.63%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 13.49g (4.91%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 306.12mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin K: 161.13µg (153.46%), Manganese: 0.68mg (33.83%), Vitamin C: 24.23mg (29.36%), Vitamin A: 1230.12IU (24.6%), Fiber: 4.76g (19.04%), Magnesium: 46.93mg (11.73%), Vitamin E: 1.71mg (11.39%), Folate: 39.95µg (9.99%), Potassium: 328.07mg (9.37%), Phosphorus: 82.42mg (8.24%), Iron: 1.43mg (7.94%), Copper: 0.15mg (7.49%), Vitamin B3: 1.38mg (6.91%), Vitamin B6: 0.14mg (6.85%), Vitamin B1: 0.09mg (5.75%), Zinc: 0.64mg (4.24%), Calcium: 41.56mg (4.16%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.06mg (3.59%)