



Tabbouleh II



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bulgur
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 juice of lemon juiced
- ☐ 2 teaspoons olive oil
- ☐ 1 onion diced finely
- ☐ 1 cup parsley chopped
- ☐ 4 servings salt to taste
- ☐ 5 tomatoes diced

☐ 0.5 cup water boiling

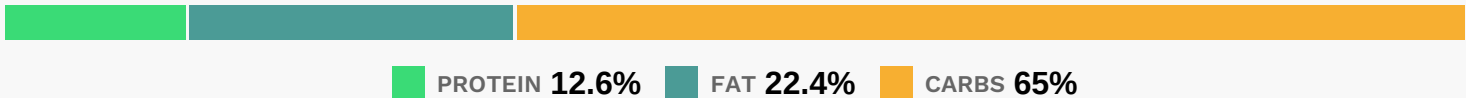
Equipment

☐ mixing bowl

Directions

- ☐ Place the bulgur in a small mixing bowl.
- ☐ Add the boiling water, mix and cover with a towel;
- ☐ Let stand for 1 hour.
- ☐ Drain any excess water.
- ☐ Combine the parsley, mint, tomatoes, onion, olive oil, lemon juice and salt.
- ☐ Add the bulgur; mix well and serve.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:16.319565223611%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin: 2.44mg, Myricetin: 2.44mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 95.3kcal (4.76%), Fat: 2.61g (4.02%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 12.42g (4.52%), Sugar: 5.56g (6.18%), Cholesterol: 0mg (0%), Sodium: 214.93mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Vitamin K: 259.63µg (247.26%), Vitamin C: 46.85mg (56.78%), Vitamin A: 2665.6IU (53.31%), Manganese: 0.54mg (26.8%), Fiber: 4.66g (18.63%), Potassium: 547.3mg (15.64%), Folate: 58.16µg (14.54%), Magnesium: 44.51mg (11.13%), Vitamin B6: 0.21mg (10.33%), Iron: 1.78mg (9.89%), Copper: 0.17mg (8.42%), Vitamin E: 1.25mg (8.35%), Phosphorus: 82.48mg (8.25%), Vitamin B3: 1.64mg (8.22%),

Vitamin B1: 0.11mg (7.12%), Calcium: 53.77mg (5.38%), Zinc: 0.68mg (4.51%), Vitamin B2: 0.07mg (4.12%), Vitamin B5: 0.34mg (3.41%)