

Tabbouleh III



Vegetarian



Vegan



Dairy Free



Popular

READY IN



285 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bulgur
- ☐ 2 cucumbers peeled chopped
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 3 green onions chopped
- ☐ 0.5 cup juice of lemon
- ☐ 0.7 cup olive oil

- ☐ 2 teaspoons salt
- ☐ 3 tomatoes seeded chopped

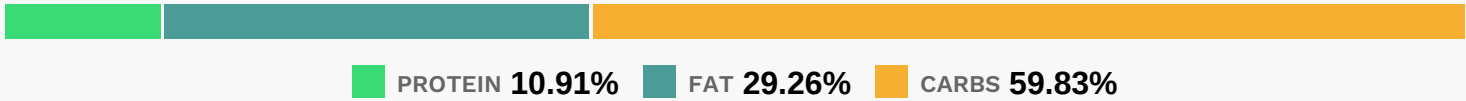
Equipment

- ☐ bowl
- ☐ mixing bowl

Directions

- ☐ Place cracked wheat in bowl and cover with 2 cups boiling water. Soak for 30 minutes; drain and squeeze out excess water.
- ☐ In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice, and olive oil. Toss and refrigerate for at least 4 hours before serving. Toss again prior to serving.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:5.62, Inflammation Score:-8, Nutrition Score:13.712173845457%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 16.28mg, Apigenin: 16.28mg, Apigenin: 16.28mg, Apigenin: 16.28mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 119.46kcal (5.97%), Fat: 4.17g (6.42%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 14.34g (5.21%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 594.07mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin K: 143.88µg (137.03%), Manganese: 0.7mg (35.21%), Vitamin C: 26.39mg (31.99%), Vitamin A: 1197.13IU (23.94%), Fiber: 4.86g (19.46%), Magnesium: 50.13mg (12.53%), Potassium: 368.08mg (10.52%), Folate: 41.65µg (10.41%), Phosphorus: 89.64mg (8.96%), Vitamin B6: 0.17mg (8.39%), Copper: 0.17mg (8.32%), Iron: 1.4mg (7.8%), Vitamin B3: 1.37mg (6.86%), Vitamin B1: 0.1mg (6.49%), Vitamin

E: 0.91mg (6.04%), Vitamin B5: 0.47mg (4.7%), Zinc: 0.68mg (4.56%), Calcium: 42.73mg (4.27%), Vitamin B2: 0.07mg (3.95%)