

Tabbouleh" Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 tsp pepper black
- 1 cucumber chopped
- 0.5 cup mint leaves fresh finely chopped
- 1 cup parsley fresh chopped
- 1 bunch green onions chopped (5 onions)
- 2 cups rice white instant cooled cooked
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 2 tomatoes seeded chopped cut in half, and

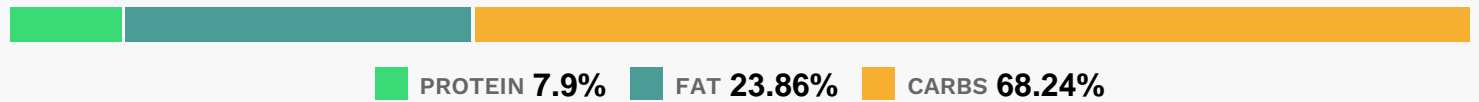
Equipment

bowl

Directions

- Combine rice, tomatoes, cucumbers and onions in medium bowl.
- Add remaining ingredients; stir. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:12.046086819276%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg, Apigenin: 16.31mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 132.69kcal (6.63%), Fat: 3.52g (5.41%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.02g (7.64%), Sugar: 3.06g (3.4%), Cholesterol: 0mg (0%), Sodium: 155.84mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin K: 142.64µg (135.84%), Vitamin A: 1069.79IU (21.4%), Folate: 85.52µg (21.38%), Vitamin C: 16.9mg (20.49%), Manganese: 0.33mg (16.63%), Vitamin B1: 0.24mg (15.7%), Iron: 2.21mg (12.3%), Selenium: 8.36µg (11.94%), Vitamin B3: 1.88mg (9.42%), Fiber: 1.6g (6.39%), Potassium: 208.27mg (5.95%), Copper: 0.11mg (5.45%), Phosphorus: 50.39mg (5.04%), Vitamin B6: 0.09mg (4.58%), Magnesium: 18.28mg (4.57%), Vitamin E: 0.58mg (3.87%), Zinc: 0.56mg (3.72%), Calcium: 34.45mg (3.44%), Vitamin B5: 0.25mg (2.52%), Vitamin B2: 0.04mg (2.27%)