



Tabbouleh Salad



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup vegetable stock (from 32-oz carton)
- ☐ 0.5 cup couscous uncooked
- ☐ 1 cup cucumber chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup tomatoes chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons mint leaves fresh chopped

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon salt

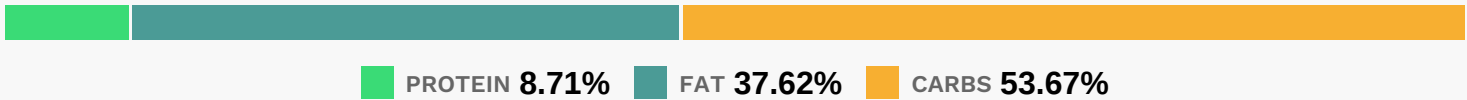
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat broth to boiling in 2-quart saucepan. Stir in couscous; remove from heat. Cover and let stand 5 to 10 minutes or until liquid is absorbed.
- ☐ Mix couscous and remaining ingredients in large glass or plastic bowl. Cover and refrigerate at least 1 hour to blend flavors.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:11.27, Inflammation Score:-7, Nutrition Score:10.51521736513%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg, Hesperetin: 1.61mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 167.93kcal (8.4%), Fat: 7.14g (10.99%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 20.54g (7.47%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 535.52mg (23.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin K: 139.54µg (132.9%), Vitamin C: 20.4mg (24.73%), Vitamin A: 1050.19IU (21%), Manganese: 0.28mg (14.24%), Fiber: 2.39g (9.54%), Folate: 31.34µg (7.83%), Potassium: 227.99mg (6.51%), Phosphorus: 62.31mg (6.23%), Magnesium: 24.52mg (6.13%), Copper: 0.12mg (5.98%), Iron: 1.01mg (5.6%), Vitamin B3: 1.06mg (5.32%), Vitamin E: 0.76mg (5.07%), Vitamin B1: 0.07mg (4.93%),

Vitamin B6: 0.1mg (4.77%), Vitamin B5: 0.45mg (4.47%), Calcium: 35.03mg (3.5%), Vitamin B2: 0.05mg (2.96%),
Zinc: 0.42mg (2.82%)