



HEALTH SCORE

59%

Tabbouleh Salad



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



190 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 8 ounces bulgur wheat uncooked
- ☐ 2 cups flat-leaf parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.8 cup green onions diagonally sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 6 tablespoons juice of lemon fresh

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 cup tomatoes diced seeded
- ☐ 2.5 cups water boiling

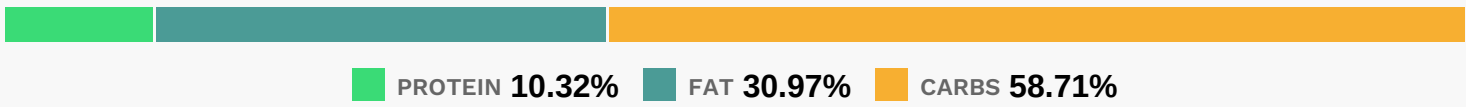
Equipment

- ☐ bowl

Directions

- ☐ Combine 2 1/2 cups boiling water and bulgur in a large bowl; cover and let stand for 1 hour.
- ☐ Add parsley and the remaining ingredients to bulgur; toss well. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:8.18, Inflammation Score:-9, Nutrition Score:15.405217476513%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 32.4mg, Apigenin: 32.4mg, Apigenin: 32.4mg, Apigenin: 32.4mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg, Myricetin: 2.25mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 159.67kcal (7.98%), Fat: 5.88g (9.04%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 18.7g (6.8%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 310.95mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin K: 270.99µg (258.09%), Manganese: 0.98mg (48.95%), Vitamin C: 29.07mg (35.24%), Vitamin A: 1578.13IU (31.56%), Fiber: 6.37g (25.49%), Magnesium: 61.35mg (15.34%), Iron: 2.04mg (11.31%), Folate: 43.16µg (10.79%), Phosphorus: 104.63mg (10.46%), Vitamin B3: 1.85mg (9.24%), Potassium: 294.61mg (8.42%), Copper: 0.16mg (7.95%), Vitamin E: 1.06mg (7.08%), Vitamin B6: 0.14mg (6.97%), Vitamin B1: 0.1mg (6.38%), Zinc: 0.81mg (5.43%), Calcium: 48.05mg (4.8%), Vitamin B5: 0.4mg (4.03%), Vitamin B2: 0.06mg (3.8%), Selenium: 0.75µg (1.08%)