



Tabbouleh Salad with Nuts



Vegetarian



Vegan



Dairy Free

READY IN



48 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup bulgur
- ☐ 0.5 cucumber seedless peeled chopped
- ☐ 0.5 cup freshly flat-leaf parsley chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 lemon zest juiced
- ☐ 0.3 cup freshly mint leaves chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 plum tomatoes seeded chopped

- ☐ 6 servings salt
- ☐ 4 scallions chopped
- ☐ 2 handfuls slivered almonds
- ☐ 1 cup water

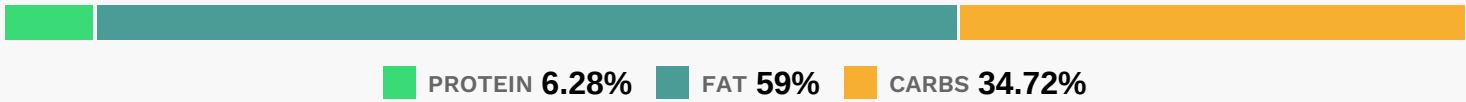
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ In a small pot add the water and bring to a boil over medium heat.
- ☐ Pour the bulgur into a bowl, douse it with the boiling water and let stand 15 minutes.
- ☐ Put the nuts in small skillet over low heat and lightly toast.
- ☐ Remove from the heat and let cool.
- ☐ In a salad bowl, combine the cumin, zest and juice of 1 lemon and whisk in the extra-virgin olive oil.
- ☐ Add the bulgur, herbs, scallions, tomatoes, cucumber and salt, to taste. Toss together, let stand a few minutes, adjust seasoning and toss again before serving.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:5.12, Inflammation Score:-7, Nutrition Score:11.817391284134%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg

Hesperetin: 0.19mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg, Apigenin: 10.88mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 183.19kcal (9.16%), Fat: 12.62g (19.42%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 12.32g (4.48%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 205.85mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin K: 111.87µg (106.54%), Manganese: 0.64mg (31.94%), Vitamin C: 14.89mg (18.05%), Fiber: 4.39g (17.55%), Vitamin A: 785.83IU (15.72%), Vitamin E: 2.04mg (13.6%), Magnesium: 42.64mg (10.66%), Iron: 1.4mg (7.77%), Phosphorus: 74.2mg (7.42%), Potassium: 229.69mg (6.56%), Folate: 24.87µg (6.22%), Vitamin B3: 1.22mg (6.09%), Copper: 0.12mg (5.8%), Vitamin B6: 0.1mg (5.18%), Vitamin B1: 0.07mg (4.61%), Zinc: 0.56mg (3.76%), Calcium: 37.51mg (3.75%), Vitamin B2: 0.06mg (3.24%), Vitamin B5: 0.31mg (3.06%)