



Tabbouleh-Style Bulgur



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup bulgur uncooked
- ☐ 0.8 cup cucumber peeled seeded chopped
- ☐ 0.8 cup parsley fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

- ☐ 0.8 cup tomatoes chopped
- ☐ 1.5 cups water

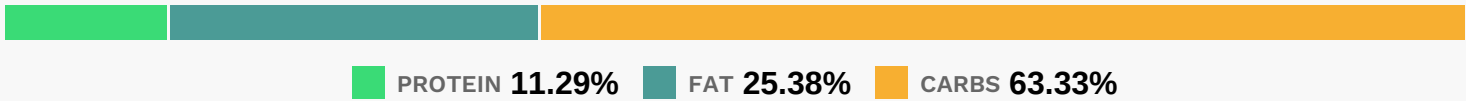
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water and uncooked bulgur to a boil in a small saucepan. Cover, reduce heat, and cook 12 minutes.
- ☐ Drain; rinse with cold water.
- ☐ Drain.
- ☐ Combine bulgur, parsley, tomato, cucumber, lemon juice, olive oil, cumin, salt, and green onions in a large bowl; stir to combine.

Nutrition Facts



Properties

Glycemic Index:28.17, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:11.028260943682%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 92.15kcal (4.61%), Fat: 2.78g (4.28%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 11.68g (4.25%), Sugar: 1.08g (1.2%), Cholesterol: 0mg (0%), Sodium: 206.48mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin K: 135.7µg (129.24%), Manganese: 0.6mg (29.87%), Vitamin C: 15.77mg (19.12%), Vitamin A: 844.9IU (16.9%), Fiber: 3.94g (15.78%), Magnesium: 39.41mg (9.85%), Iron: 1.28mg (7.12%), Phosphorus: 68.35mg (6.84%), Folate: 24.84µg (6.21%), Potassium: 202.26mg (5.78%), Vitamin B3:

1.15mg (5.75%), Copper: 0.11mg (5.46%), Vitamin B6: 0.1mg (4.81%), Vitamin B1: 0.06mg (4.31%), Vitamin E: 0.55mg (3.66%), Zinc: 0.52mg (3.46%), Calcium: 28.87mg (2.89%), Vitamin B5: 0.28mg (2.79%), Vitamin B2: 0.04mg (2.37%)