



Tabbouleh with Beans and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 19 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 cups cherry tomatoes halved
- ☐ 1.3 cups cracked wheat uncooked
- ☐ 3 ounces feta cheese crumbled
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 0.3 cup commercial pesto
- ☐ 4 7-inch pitas cut in half ()
- ☐ 2 cups water boiling

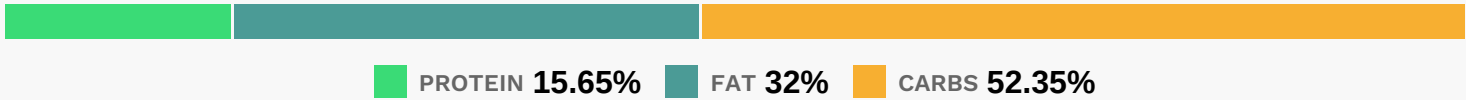
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the bulgur and boiling water in a large bowl. Cover and let stand 30 minutes, and drain.
- ☐ Combine pesto and lemon juice; stir with a whisk.
- ☐ Combine bulgur, pesto mixture, tomatoes, and next 5 ingredients (tomatoes through chickpeas) in a large bowl; and toss gently to combine.
- ☐ Serve with pita halves.

Nutrition Facts



Properties

Glycemic Index:65.08, Glycemic Load:5.84, Inflammation Score:-8, Nutrition Score:19.776521674965%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 404.82kcal (20.24%), Fat: 15.2g (23.38%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 43.62g (15.86%), Sugar: 2.85g (3.16%), Cholesterol: 20.16mg (6.72%), Sodium: 783.73mg (34.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.45%), Manganese: 1.22mg (61.22%),

Vitamin K: 52.72µg (50.21%), Fiber: 12.34g (49.35%), Vitamin B6: 0.8mg (39.94%), Phosphorus: 352.1mg (35.21%),
Vitamin C: 25.7mg (31.15%), Iron: 4.19mg (23.29%), Vitamin A: 1039.63IU (20.79%), Calcium: 199.5mg (19.95%),
Potassium: 588.89mg (16.83%), Folate: 61.04µg (15.26%), Copper: 0.3mg (15.13%), Vitamin B2: 0.23mg (13.39%),
Magnesium: 52.1mg (13.03%), Zinc: 1.73mg (11.51%), Selenium: 6.32µg (9.03%), Vitamin B1: 0.11mg (7.63%), Vitamin
B5: 0.74mg (7.39%), Vitamin B12: 0.36µg (5.99%), Vitamin B3: 0.89mg (4.43%), Vitamin E: 0.53mg (3.56%)