



HEALTH SCORE

69%

Tabbouleh with Chicken and Red Pepper



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup bulgur uncooked
- ☐ 0.8 cup chicken breast shredded cooked
- ☐ 0.5 cup cucumber diced english
- ☐ 0.8 cup flat-leaf parsley fresh minced
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1.5 cups plum tomatoes diced
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water boiling

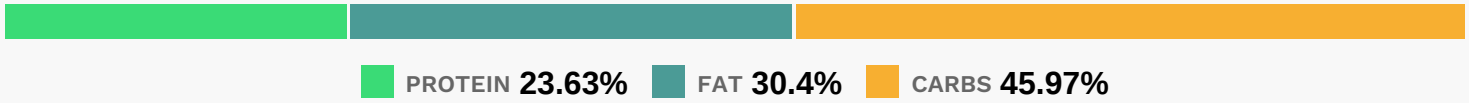
Equipment

- ☐ bowl

Directions

- ☐ Combine bulgur and 1/2 cup boiling water in a large bowl. Cover and let stand 15 minutes or until the bulgur is tender.
- ☐ Drain well; return bulgur to bowl. Cool.
- ☐ Add tomato and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:6, Inflammation Score:-9, Nutrition Score:18.947391385617%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 24.39mg, Apigenin: 24.39mg, Apigenin: 24.39mg, Apigenin: 24.39mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 164.96kcal (8.25%), Fat: 5.85g (9.01%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 14.55g (5.29%), Sugar: 3.64g (4.05%), Cholesterol: 19.69mg (6.56%), Sodium: 327.59mg (14.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.48%), Vitamin K: 197.2µg (187.81%), Vitamin C: 54.39mg (65.93%), Vitamin A: 2416.37IU (48.33%), Manganese: 0.74mg (36.93%), Fiber: 5.37g (21.47%), Vitamin B3: 3.89mg (19.44%), Vitamin B6: 0.31mg (15.73%), Magnesium: 56.63mg (14.16%), Phosphorus: 141.38mg (14.14%), Potassium: 486.42mg (13.9%), Folate: 50.28µg (12.57%), Iron: 1.98mg (11.02%), Selenium: 6.94µg (9.92%), Vitamin E:

1.39mg (9.24%), Copper: 0.17mg (8.4%), Vitamin B1: 0.12mg (7.78%), Zinc: 1.12mg (7.46%), Vitamin B2: 0.12mg (6.78%), Vitamin B5: 0.67mg (6.73%), Calcium: 45.88mg (4.59%), Vitamin B12: 0.08µg (1.27%)