



Tabbouleh with Garbanzo Beans



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups water boiling
- ☐ 0.8 cup bulgur uncooked
- ☐ 2.3 cups tomatoes chopped
- ☐ 0.5 cup spring onion chopped
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup cucumber chopped
- ☐ 0.8 cup parsley fresh chopped
- ☐ 3 tablespoons mint leaves dried fresh crushed chopped

- ☐ 15 oz garbanzo beans drained canned (garbanzo beans)
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 cloves garlic finely chopped

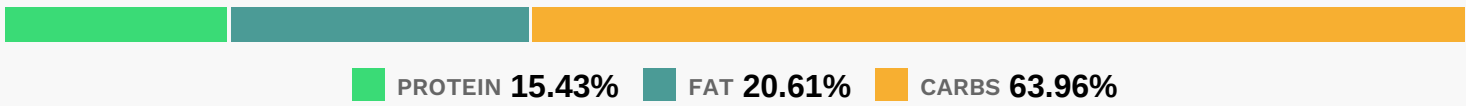
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, pour boiling water over bulgur.
- ☐ Let stand 1 hour.
- ☐ In tightly covered container, shake all dressing ingredients.
- ☐ Drain any remaining water from bulgur. Stir remaining tabbouleh ingredients into bulgur.
- ☐ Pour dressing over tabbouleh; toss.

Nutrition Facts



Properties

Glycemic Index:69.08, Glycemic Load:12.56, Inflammation Score:-9, Nutrition Score:26.862173930458%

Flavonoids

Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Apigenin: 24.44mg, Apigenin: 24.44mg, Apigenin: 24.44mg, Apigenin: 24.44mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 257.61kcal (12.88%), Fat: 6.31g (9.7%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 44.03g (14.68%), Net Carbohydrates: 31.56g (11.47%), Sugar: 4.46g (4.95%), Cholesterol: 0mg (0%), Sodium: 756.47mg (32.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.62g (21.25%), Vitamin K: 229.14µg (218.23%), Manganese: 1.97mg (98.68%), Vitamin C: 67.71mg (82.07%), Fiber: 12.47g (49.9%), Vitamin A: 2111.66IU (42.23%), Vitamin B6: 0.82mg (40.9%), Magnesium: 102.4mg (25.6%), Folate: 87.13µg (21.78%), Phosphorus: 217.09mg (21.71%), Copper: 0.41mg (20.65%), Potassium: 714.4mg (20.41%), Iron: 3.52mg (19.55%), Vitamin B3: 2.48mg (12.39%), Vitamin B1: 0.19mg (12.36%), Zinc: 1.74mg (11.62%), Calcium: 105.27mg (10.53%), Vitamin B5: 0.89mg (8.86%), Vitamin E: 1.07mg (7.16%), Vitamin B2: 0.12mg (6.87%), Selenium: 3.19µg (4.56%)