



HEALTH SCORE

100%

Tabbouleh with Roast Lamb



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup bulgur uncooked
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 cups parsley fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 6 ounces simple roasted leg of lamb shredded
- ☐ 0.3 cup juice of lemon fresh (1 large)
- ☐ 0.5 teaspoon salt

- ☐ 1.5 pounds tomatoes seeded chopped
- ☐ 1 cup water boiling

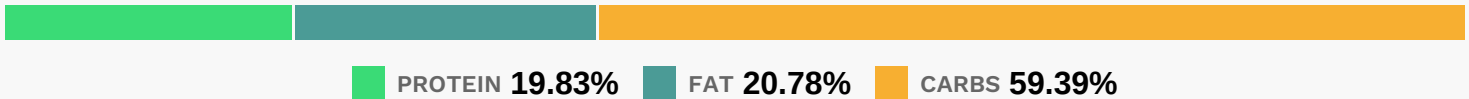
Equipment

- ☐ bowl

Directions

- ☐ Combine bulgur and boiling water in a large bowl. Cover and let stand 30 minutes or until liquid is absorbed.
- ☐ Stir in parsley and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:11.7, Inflammation Score:-10, Nutrition Score:28.135652168937%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 4.68mg, Myricetin: 4.68mg, Myricetin: 4.68mg, Myricetin: 4.68mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 235.14kcal (11.76%), Fat: 5.83g (8.97%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 37.47g (12.49%), Net Carbohydrates: 27.62g (10.04%), Sugar: 5.68g (6.31%), Cholesterol: 17.15mg (5.72%), Sodium: 343.81mg (14.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.51g (25.02%), Vitamin K: 534.29µg (508.85%), Vitamin C: 73.42mg (89%), Vitamin A: 4073.79IU (81.48%), Manganese: 1.35mg (67.71%), Fiber: 9.85g (39.42%), Magnesium: 102.88mg (25.72%), Vitamin B3: 4.95mg (24.74%), Folate: 98.81µg (24.7%), Potassium: 847.45mg (24.21%), Phosphorus: 221.38mg (22.14%), Iron: 3.9mg (21.69%), Vitamin B6: 0.35mg (17.28%), Copper: 0.32mg (16.05%), Zinc: 2.38mg (15.88%), Vitamin B1: 0.22mg (14.62%), Vitamin E: 1.83mg (12.19%), Vitamin B12: 0.72µg (12.06%), Vitamin B2: 0.18mg (10.72%), Selenium: 7.23µg (10.33%), Vitamin B5: 0.87mg (8.68%), Calcium: 85.03mg (8.5%)