



# Tabouli

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

## Ingredients

- 1 cup cracked wheat fine
- 2 cucumbers diced seeded
- 0.5 cup mint leaves fresh minced
- 1 cup parsley leaves fresh minced
- 3 tablespoons juice of lemon to taste
- 3 tablespoons olive oil
- 1 teaspoons sea salt
- 3 tomatoes diced

- 1 cup water
- 0.5 cup onion yellow finely chopped

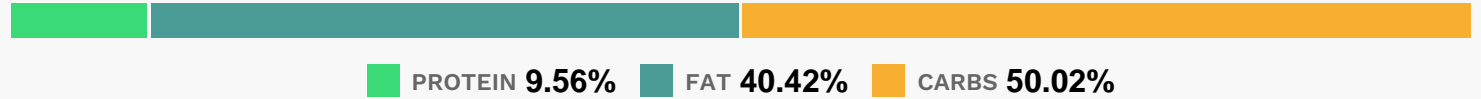
## Equipment

- bowl
- mixing bowl

## Directions

- In a large mixing bowl, pour the water over the cracked wheat and cover, let stand about 20 minutes until wheat is tender and water is absorbed.
- Add the chopped herbs and vegetables and toss with the mix.
- Combine the oil, lemon juice, and salt in a separate bowl.
- Add to wheat mixture and mix well. Chill.
- Serve and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.91, Inflammation Score:-8, Nutrition Score:10.990869613445%

## 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: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

## Nutrients (% of daily need)

Calories: 132.68kcal (6.63%), Fat: 6.42g (9.87%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 17.86g (5.95%), Net Carbohydrates: 14.02g (5.1%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 301.6mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin K: 135.24µg (128.8%), Vitamin C: 22.51mg (27.28%),

Vitamin A: 1190.03IU (23.8%), Fiber: 3.85g (15.39%), Potassium: 357.72mg (10.22%), Phosphorus: 94.79mg (9.48%), Folate: 35.05µg (8.76%), Iron: 1.56mg (8.68%), Manganese: 0.17mg (8.34%), Vitamin E: 1.09mg (7.3%), Copper: 0.11mg (5.53%), Magnesium: 21.71mg (5.43%), Vitamin B6: 0.1mg (5.01%), Vitamin B1: 0.05mg (3.67%), Calcium: 36.05mg (3.61%), Vitamin B5: 0.28mg (2.8%), Vitamin B2: 0.05mg (2.7%), Vitamin B3: 0.46mg (2.32%), Zinc: 0.34mg (2.27%)