

health-score100%

HEALTH SCORE

Tabouli Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup bulgur
- ☐ 0.3 cup celery leaves chopped
- ☐ 2 persian cucumbers unpeeled finely chopped
- ☐ 1 cup mint leaves fresh chopped preferably spearmint
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 8 cups parsley leaves loosely packed chopped

- ☐ 4 radishes finely chopped
- ☐ 3 scallions finely chopped
- ☐ 1 medium tomatoes seeds removed, finely chopped

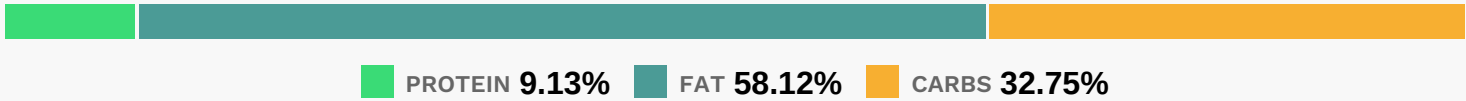
Equipment

- ☐ bowl

Directions

- ☐ Cook the bulgur as the label directs; cool.
- ☐ Transfer to a large bowl, then stir in the remaining ingredients; season to taste.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:25.086956425853%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Eriodictyol: 2.82mg, Eriodictyol: 2.82mg, Eriodictyol: 2.82mg, Eriodictyol: 2.82mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 173.06mg, Apigenin: 173.06mg, Apigenin: 173.06mg, Apigenin: 173.06mg Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 11.9mg, Myricetin: 11.9mg, Myricetin: 11.9mg, Myricetin: 11.9mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 188.38kcal (9.42%), Fat: 13.06g (20.1%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 10.57g (3.84%), Sugar: 3.21g (3.57%), Cholesterol: 0mg (0%), Sodium: 255.49mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.23%), Vitamin K: 1343.53µg (1279.56%), Vitamin A: 7406.14IU (148.12%), Vitamin C: 120.56mg (146.13%), Folate: 159.41µg (39.85%), Iron: 6mg (33.35%), Manganese: 0.57mg (28.65%), Fiber: 6g (23.98%), Potassium: 761.38mg (21.75%), Magnesium: 76.18mg (19.04%), Vitamin E: 2.55mg (16.99%), Calcium: 157.18mg (15.72%), Copper: 0.26mg (13.23%), Phosphorus: 107.06mg (10.71%), Vitamin B6: 0.19mg (9.66%), Vitamin B1: 0.14mg (9.31%), Vitamin B3: 1.81mg (9.06%), Zinc: 1.34mg (8.96%), Vitamin B2: 0.15mg

(8.77%), Vitamin B5: 0.73mg (7.31%)