

health-score100%

HEALTH SCORE

Tomatoes Stuffed with Tabbouleh Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

232 kcal

SIDE DISH

Ingredients

- ☐ 4 large beefsteak tomatoes ripe
- ☐ 0.8 cup wheat bulgur
- ☐ 2 juice of lemon ripe juiced
- ☐ 0.5 cup mint leaves chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup parsley leaves chopped
- ☐ 1 plum tomatoes diced seeded
- ☐ 4 servings salt and pepper black freshly ground

- ☐ 4 scallions thinly sliced
- ☐ 1 cup water boiling

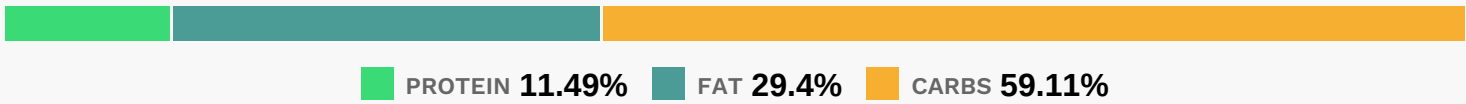
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ In a bowl, cover bulgar with boiling water and stir. Cover the bowl place it in the refrigerator or counter top.
- ☐ Let the bulgar stand 20 minutes to soften.
- ☐ Add lemon juice, parsley, mint, scallions, plum tomato to the bulgar and toss to combine. Dress the salad with 2 tablespoons extra-virgin olive oil, salt and pepper, to your taste.
- ☐ To serve, cut tomatoes into quarters, but do not allow the knife to go all the way through the tomato. Section the tomatoes, but leave the skin in tact on the bottom. Open the tomato up to resemble an open flower. Season the tomatos with salt and pepper and pile a generous amount of tabbouleh salad on top of the tomato, allowing the salad to spill down and over the wedges of tomato on to the plate.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:11.08, Inflammation Score:-10, Nutrition Score:27.810869693756%

Flavonoids

Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg Naringenin: 2.62mg, Naringenin: 2.62mg, Naringenin: 2.62mg, Naringenin: 2.62mg Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg, Apigenin: 32.63mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 2.69mg, Myricetin: 2.69mg, Myricetin: 2.69mg, Myricetin: 2.69mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 232.37kcal (11.62%), Fat: 8.29g (12.76%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 27.11g (9.86%), Sugar: 10.24g (11.38%), Cholesterol: 0mg (0%), Sodium: 37.57mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Vitamin K: 303.8µg (289.33%), Vitamin C: 78.5mg (95.16%), Vitamin A: 4587.31IU (91.75%), Manganese: 1.33mg (66.46%), Fiber: 10.4g (41.59%), Potassium: 1115.24mg (31.86%), Folate: 100.32µg (25.08%), Magnesium: 98.22mg (24.55%), Vitamin E: 3.15mg (20.97%), Vitamin B6: 0.41mg (20.47%), Vitamin B3: 3.82mg (19.12%), Phosphorus: 182.67mg (18.27%), Copper: 0.36mg (18.08%), Iron: 3.06mg (17%), Vitamin B1: 0.22mg (14.68%), Zinc: 1.4mg (9.3%), Calcium: 90.93mg (9.09%), Vitamin B2: 0.14mg (8.2%), Vitamin B5: 0.7mg (7%), Selenium: 0.71µg (1.02%)