



Turkey tabbouleh

READY IN



30 min.

SERVINGS



2

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp nonfat greek yogurt 0%
- ☐ 1 garlic clove crushed
- ☐ 0.5 tsp paprika smoked
- ☐ 0.5 juice of lemon
- ☐ 175 g turkey breast diced
- ☐ 50 g bulgur
- ☐ 1 small onion red finely chopped
- ☐ 2 tomatoes chopped
- ☐ 1 small cucumber diced chunk

- ☐ 2 tbsp parsley chopped
- ☐ 2 tbsp mint leaves chopped

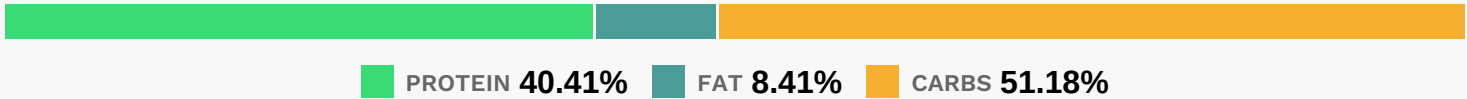
Equipment

- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat the grill and line a baking tray with foil.
- ☐ Mix the yogurt, garlic, paprika and a squeeze of lemon, then stir in the turkey. Arrange on the tray.
- ☐ Meanwhile, cook the bulgur following pack instructions, then add all the remaining ingredients, including the rest of the lemon juice. Grill the turkey for 5–8 mins, then serve hot or cold with the bulgur salad. Will keep in the fridge for 2 days.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:9.52, Inflammation Score:-9, Nutrition Score:25.569565132908%

Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg, Quercetin: 11.94mg

Nutrients (% of daily need)

Calories: 244.43kcal (12.22%), Fat: 2.4g (3.7%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 24.88g (9.05%), Sugar: 7.58g (8.42%), Cholesterol: 48mg (16%), Sodium: 203.12mg (8.83%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.97%), Vitamin K: 78.85µg (75.09%), Manganese: 1.1mg (54.86%), Vitamin B3: 10.96mg (54.81%), Vitamin B6: 1.02mg (50.81%), Vitamin C: 32.39mg (39.26%), Phosphorus: 371.8mg (37.18%), Vitamin A: 1737.85IU (34.76%), Selenium: 22.53µg (32.19%), Fiber: 8.02g (32.08%), Potassium: 869.95mg (24.86%), Magnesium: 97.93mg (24.48%), Vitamin B2: 0.27mg (16.04%), Folate: 63.28µg (15.82%), Copper: 0.3mg (15.1%), Zinc: 2.24mg (14.92%), Vitamin B5: 1.41mg (14.08%), Vitamin B1: 0.2mg (13.1%), Iron: 2.17mg (12.07%), Vitamin B12: 0.66µg (10.94%), Calcium: 87.1mg (8.71%), Vitamin E: 0.95mg (6.36%)