

Zucchini Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup bulgur uncooked (cracked wheat)
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup bell pepper sweet red finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water boiling
- ☐ 0.7 cup zucchini finely chopped

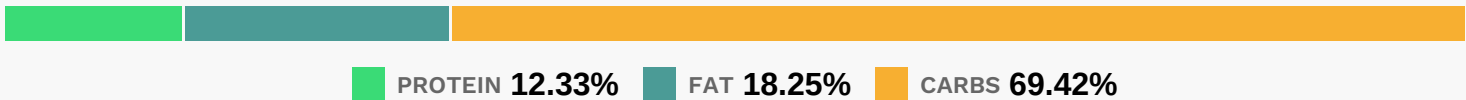
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine bulgur and boiling water in a large bowl; cover and let stand 30 minutes or until water is absorbed.
- ☐ Add zucchini and next 3 ingredients to bulgur; toss well.
- ☐ Combine lemon juice and oil; stir well with a wire whisk.
- ☐ Add to zucchini mixture, tossing well.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:5.0808695972614%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 72kcal (3.6%), Fat: 1.62g (2.49%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.31g (4.11%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 101.79mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.92%), Vitamin K: 42.4µg (40.38%), Vitamin C: 19.29mg (23.38%), Fiber: 2.53g (10.1%), Vitamin A: 497.78IU (9.96%), Phosphorus: 67.66mg (6.77%), Iron: 0.86mg (4.78%), Potassium: 143.37mg (4.1%), Folate: 12.41µg (3.1%), Vitamin B6: 0.05mg (2.61%), Manganese: 0.04mg (1.94%), Vitamin E: 0.27mg (1.82%), Magnesium: 5.57mg (1.39%), Vitamin B2: 0.02mg (1.39%)