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## Tabouleh ♦♦

Tabouleh is a traditional Middle Eastern salad made with bulgur wheat, parsley, mint, tomatoes, onions, and lemon juice. It is typically served as a side dish or a light meal. The salad has a refreshing and tangy flavor, making it perfect for summer gatherings and picnics.

**Recipe Type:** Vegetarian

**Prep Time:** 20 mins

**Cook Time:** N/A

**Total Time:** 20 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

100 g	Bulgur Wheat
100 g	Parsley
50 g	Mint
200 g	Tomatoes
100 g	Onions

50 ml    lemon juice

## Directions

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### Step 1

Place the bulgur wheat in a bowl and cover with boiling water. Let it sit for 15 minutes until it absorbs the water and becomes tender.

**Prep Time:** 15 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Chop the parsley, mint, tomatoes, and onions into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a large mixing bowl, combine the cooked bulgur wheat, chopped parsley, mint, tomatoes, and onions. Add lemon juice and mix well.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

### Refrigerating

Refrigerate the tabouleh for at least 1 hour before serving to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 1 g

**Protein:** 4 g

**Carbohydrates:** 26 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	26 g	47.27%	52%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	230 mg	6.76%	8.85%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer

### Events

Game Day

### Cuisines

Mediterranean

Greek

Middle Eastern

### Course

Salads

Snacks

## Cultural

Chinese New Year

## Cost

Over \$50

## Diet

Ketogenic Diet

Vegetarian Diet

Vegan Diet

The Gerson Therapy

The Swiss Secret Diet

The Rice Diet

The Werewolf Diet

The Subway Diet

The Low-Phosphorus Diet

The High-Vitamin C Diet

The Low-Copper Diet

## Meal Type

Brunch

Supper

## Difficulty Level

Medium

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