

# Greek Quinoa Tabbouleh

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-tabbouleh-recipe>

## Ingredients:

- 1 1/2 cups quinoa
- 1/2 red bell pepper
- 1/4 red onion
- 1 bunch fresh parsley
- 10 pitted kalamata olives
- 1/4 cup feta cheese
- lemon juice

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 10 milligrams
4. Fat: 6 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 150 milligrams
9. Sugar: 1 grams

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