

# Turkish tabbouleh | Kisir

Yield: 8 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/kisir-recipe-turkish>

## Ingredients:

- 2 cups bulgur fine
- 1/2 cup olive oil
- 1 lemon juiced - OR -
- 2 tablespoons pomegranate molasses
- 3 tablespoons tomato paste
- hot chili pepper paste, to taste
- 2 cups boiling water
- 10 green onions
- 5 sprigs mint
- 2 tomatoes
- 1 bunch parsley chopped
- 1 onion minced
- 1 cucumber chopped
- 1 red bell pepper
- red pepper flakes
- salt

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 41 grams
3. Fat: 14 grams
4. Fiber: 10 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 170 milligrams
8. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Turkish tabbouleh | Kisir above. You can see more 15 kisir recipe turkish Elevate your taste buds! to get more great cooking ideas.