

Tabouli (Lebanese Bulgur and Parsley Salad)

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-tabouli-salad-recipe>

Ingredients:

- 1/2 cup bulgur wheat fine
- 1 bunch curly parsley de-stemmed
- 1 bunch scallions sliced thinly
- 1 bunch mint de-stemmed
- 3 medium tomatoes diced
- 1 lemon
- 1/3 cup extra virgin olive oil buy now
- salt
- pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 24 grams
3. Fat: 18 grams
4. Fiber: 7 grams
5. Protein: 4 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 210 milligrams
8. Sugar: 6 grams

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