



## Tabouli Salad

in a Ready-to-Mix Kit

- Serve as a side dish, in a pita, wrap or sandwich.
- Ready-to-mix kit. No chopping or measuring. Just mix bulgur and spice mix with water. Then combine all pre-chopped fresh vegetables and serve.
- Traditional Mediterranean salad, celebrating fresh parsley. Parsley has
  - ✓ 3 times more vitamin C than oranges
  - ✓ 2 times more iron than spinach



### Tabouli Salad Nutrition Facts

Serving Size: ½ Cup

Calories	236
Cals from Fat	143
Total Fat	17 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 g
Sodium	455 mg
Total Carbs	21 g
Dietary Fiber	5 g
Sugars	2 g
Protein	4 g

**Packaging/Shipping:** Pre-packaged kit; Refrigerated

**Ingredients:** Parsley, tomatoes, onions, bulgur wheat, soybean oil, spices, salt, citric acid.

**Preparation Instructions:** Must be kept refrigerated.  
Empty spice pack into bowl and add 16 oz cold water. Let stand 20 minutes.  
Combine parsley, tomatoes & onions, and hydrated bulgur mix in large bowl.  
Mix and serve.

Mfg #  
400

Pack Size  
1 / 5 Lb Kit

Case Dimension  
14x7x7

Net Wgt  
5 Lbs

Ship Wgt  
5.5 Lbs