



Tabouli

Bright. Crisp. Happy. An Homage to Our Lebanese Heritage.

Sit down at any Lebanese lunch or dinner table, and you're likely to find a bright, heaping bowl of tabouli, the Levantine staple that tastes as vibrant as it looks. Chock-full of fresh, healthful ingredients like parsley, tomato, mint, lemon juice and extra virgin olive oil, and bedecked with bulgur wheat for added bite, our tabouli is to die for. In fact, we find it no small coincidence that this signature dish comprises the same colors as the Lebanese flag.

When it comes to tabouli, the difference lies in the ingredients and preparation. For years, we have fine-chopped our parsley by hand; only when we found the most innovative piece of equipment on the market – one that would produce parsley identical in form to hand-chopped – did we agree to go wholesale. And when it comes to bulgur wheat, you'll find just the right amount in ours – not a heaping amount just to bulk it up.



Vegan

INGREDIENTS:

Tomatoes, Parsley, Bulgar Wheat, Soybean Oil, Olive Oil, Citric Acid, Salt, Mint, Black Pepper, Allspice.

Nutrition Facts	
Serving size	1 cup (140g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 2mg	10%
Potassium 409mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains Wheat, Gluten, Soy.

MAY CONTAIN POTENTIAL ALLERGENS
Nay also contain Egg, Fish, Milk, Peanut, Sesame, Shellfish, Tree Nuts, Celery, Crustaceans, Lupin, Molluscs, Mustard, Sulphites.