

Recipe Analyzer Results

A single serving of this recipe has 350 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 350

% Daily Value*

Total Fat 6.9g 9%

Saturated Fat 0.8g 4%

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 57.9g 21%

Dietary Fiber 16.4g 59%

Total Sugars 12.5g

Protein 17.4g

Vitamin D 0mcg 0%

Calcium 138mg 11%

Iron 6mg 35%

Ingredients:

- 1 English cucumber, chopped
- 15 ml (1 tbsp) chopped fresh dill or 2 mL (1/2 tsp) dried dill weed
- 2 carrots, peeled and grated
- 1 can (540 mL/19 oz) chickpeas, drained and rinsed
- 500 ml (1 pint) grape tomatoes, halved lengthwise
- 60 ml (1/4 cup) chopped fresh basil
- 45 ml (3 tbsp) balsamic vinegar
- 15 ml (1 tbsp) basil pesto
- 10 ml (2 tsp) extra virgin olive oil
- 1 clove garlic, minced
- 1 ml (1/4 tsp) fresh ground pepper

Potassium 1074mg

23%

Nutrition Facts

Servings: 6

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

Recipe analyzed by **verywell**