

Recipe Analyzer Results

A single serving of this recipe has 135 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 135

% Daily Value*

Total Fat 9.8g 13%

Saturated Fat 3.4g 17%

Cholesterol 13mg 4%

Sodium 129mg 6%

Total Carbohydrate 6.9g 2%

Dietary Fiber 1.4g 5%

Total Sugars 3.2g

Protein 6g

Vitamin D 0mcg 0%

Calcium 124mg 10%

Iron 1mg 4%

Ingredients:

- 0 ml (2 tbsp) lime juice (about 1 lime)
- 20 ml (1 1/2 tbsp) olive oil
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 30 ml (2 tbsp) chopped fresh mint
- 1 cantaloupe, diced small
- 125 ml (1/2 cup) chopped bocconcini cheese
- 250 ml (1 cup) cherry tomatoes, halved
- 60 ml (1/4 cup) thinly sliced red onion
- 60 ml (1/4 cup) unsalted almonds, toasted and roughly chopped
- 60 ml (1/4 cup) unsalted pumpkin seeds

Potassium 219mg

5%

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**