

Recipe Analyzer Results

A single serving of this recipe has 200 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: 4

Amount per serving

Calories 200

% Daily Value*

Total Fat 1.9g 2%

Saturated Fat 0.5g 2%

Cholesterol 2mg 1%

Sodium 389mg 17%

Total Carbohydrate 38.2g 14%

Dietary Fiber 6.2g 22%

Total Sugars 8.5g

Protein 8.3g

Vitamin D 0mcg 0%

Calcium 106mg 8%

Iron 2mg 11%

Ingredients:

- 1 can (540 mL/19 oz) lower sodium chickpeas, drained and rinsed
- 45 ml (3 tbsp) lower fat yogurt
- 60 ml (1/4 cup) diced celery
- 1/4 red onion, diced
- 60 ml (1/4 cup) raisins
- 1 tomato, diced
- 2 ml (1/2 tsp) curry powder
- lemon juice
- 1 ml (1/4 tsp) black pepper

Potassium 419mg

9%

Nutrition Facts

Servings: 4

**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**