

## Recipe Analyzer Results

A single serving of beluga salad has 330 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: 1

Amount per serving

**Calories** **330**

% Daily Value\*

**Total Fat** 20.4g **26%**

Saturated Fat 2.3g **11%**

**Cholesterol** 0mg **0%**

**Sodium** 252mg **11%**

**Total Carbohydrate** 31.1g **11%**

Dietary Fiber 6.6g **24%**

Total Sugars 13.9g

**Protein** 7.3g

Vitamin D 0mcg **0%**

Calcium 76mg **6%**

Iron 4mg **21%**

Potassium 488mg **10%**

*\*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**

### Ingredients:

- 66 grams lentiles boiled
- 45 grams mango
- 5 γρ chilly pepper
- 13 grams cuchamber
- 1,5 grams basil
- ,5 grams Parsley Raw
- 1 1/2 grams dill
- 1 1/2 grams Chervil
- 1 1/2 grams chive
- g Classic Dijon Mustard Grey Poupon
- 22 grams sun flower oil
- 3 1/2 grams apple vinegar
- 13 grams cherry preserve