

## Recipe Analyzer Results

A single serving of this recipe has 748 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** **748**

% Daily Value\*

**Total Fat** 68.2g **87%**

Saturated Fat 8.3g **41%**

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

**Sodium** 948mg **41%**

**Total Carbohydrate** 33.1g **12%**

Dietary Fiber 7.5g **27%**

Total Sugars 6.8g

**Protein** 6.1g

Vitamin D 0mcg **0%**

Calcium 37mg **3%**

Iron 2mg **11%**

Potassium 211mg **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**

### Ingredients:

- 89 gram bulgur boiled in salted water
- 70 gram pickled carrot
- 51 gram green peas boiled in salted water
- 35 gram baked red pepper
- 35 gram Sunflower Oil
- 35 gram olive oil
- 4 1/2 gram garlic
- 1/10 gram dried sage
- 1/10 gram dried rosemary
- 1/10 gram dried spearmint
- 13 gram lemon juice
- 1/20 gram lemon zest