

Recipe Analyzer Results

A single serving of ntakos has 703 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 **703**

% Daily Value*

Total Fat 44.6g **57%**

Saturated Fat 14.2g **71%**

Cholesterol 63mg **21%**

Sodium 1462mg **64%**

Total Carbohydrate 97.6g **35%**

Dietary Fiber 39.6g **141%**

Total Sugars 48.5g

Protein 18.4g

Vitamin D 0mcg 0%

Calcium 607mg 47%

Iron 8mg 43%

Potassium 1568mg 33%

**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:

- 90 grams carob rusk
- 150 grams cherry tomatoes
- 70 grams myzithra
- 5 grams fresh onion
- 5 grams caper
- 5 grams basil
- 5 grams parsley
- 5 grams Chervil
- 5 grams dill
- 10 grams balsamic vinegar
- 30 grams olive oil
- 5 grams dijon mustard