

## Recipe Analyzer Results

**A single serving of pepper salad/spread has 164 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** **164**

% Daily Value\*

<b>Total Fat</b> 1.3g	<b>2%</b>
Saturated Fat 0.2g	<b>1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 12mg	<b>1%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 5.9g	<b>21%</b>
Total Sugars 0.8g	
<b>Protein</b> 6.1g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 3mg	16%
Potassium 1236mg	26%

\*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:

- 1/2 lemon
- 1 Salt and pepper to taste
- 1 pepper
- 1 garlic