

## Recipe Analyzer Results

### A single serving of lodhis lime pickel has 8 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

Serving size: 15gms

Servings: 13

Amount per serving

**Calories** **8**

% Daily Value\*

**Total Fat** 0.4g **0%**

Saturated Fat 0.1g **0%**

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

**Sodium** 49mg **2%**

**Total Carbohydrate** 1.4g **1%**

Dietary Fiber 0.1g **0%**

Total Sugars 1g

**Protein** 0.1g

Vitamin D 0mcg **0%**

Calcium 1mg **0%**

Iron 0mg **0%**

Potassium 38mg **1%**

*\*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:

- gms Lime
- 1 Dates
- 1 Jaggery
- 1 Vinegar
- 1 Olive Oil
- 1 Saffron
- 1 Cardamom
- 1 Ginger
- 1 Garlic
- 1 salt