

Recipe Analyzer Results

A single serving of this recipe has 199 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.

Ingredients:

- (1/3 cup) yogurt
- 85 ml (1/3 cup) large flake oats
- 85 ml (1/3 cup) lower fat milk, unsweetened fortified soy beverage or water
- 125 ml (1/2 cup) frozen strawberries
- 2 ml (1/2 tsp) cinnamon

Nutrition Facts

Servings: 1

Amount per serving

Calories **199**

% Daily Value*

Total Fat 2.9g **4%**

Saturated Fat 1.2g **6%**

Cholesterol 5mg **2%**

Sodium 64mg **3%**

Total Carbohydrate 33.9g **12%**

Dietary Fiber 5g **18%**

Total Sugars 10.9g

Protein 8.6g

Vitamin D 0mcg **0%**

Calcium 184mg **14%**

Iron 2mg **10%**

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**