

Recipe Analyzer Results

A single serving of this recipe has 226 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: 8

Amount per serving

Calories 226

% Daily Value\*

Total Fat 3.2g 4%

Saturated Fat 1.3g 6%

Cholesterol 4mg 1%

Sodium 202mg 9%

Total Carbohydrate 33.1g 12%

Dietary Fiber 1.9g 7%

Total Sugars 8g

Protein 16.5g

Vitamin D 0mcg 0%

Calcium 223mg 17%

Iron 2mg 10%

Ingredients:

- 375 ml (1 1/2 cups) whole wheat flour
- 125 ml (1/2 cup) oat bran
- 10 ml (2 tsp) baking powder
- 10 ml (2 tsp) packed brown sugar
- 1 ml (1/4tsp) ground nutmeg
- 30 ml (2 tbsp) soft non-hydrogenated margarine
- 150 ml (2/3 cup) 0% fat plain Greek yogurt
- 1 ripe pear, cored and diced
- 75 ml (1/3 cup) shredded light old Cheddar or crumbled blue cheese

Potassium 362mg

8%

## Nutrition Facts

Servings: 8

*\*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**