

Recipe Analyzer Results

A single serving of this recipe has 171 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 171

% Daily Value\*

Total Fat 11.6g 15%

Saturated Fat 2.3g 11%

Cholesterol 84mg 28%

Sodium 75mg 3%

Total Carbohydrate 11.4g 4%

Dietary Fiber 2g 7%

Total Sugars 7.4g

Protein 5.8g

Vitamin D 28mcg 138%

Calcium 79mg 6%

Iron 1mg 5%

Ingredients:

- 125 ml (1/2 cup) whole wheat flour
- 125 ml (1/2 cup) all-purpose flour
- 310 ml (1 1/4 cups) lower fat milk or unsweetened fortified plant-based beverage
- 4 eggs
- 5 ml (1 tsp) vanilla extract
- 20 ml (1 1/2 tbsp) honey
- 10 ml (2 tsp) non-hydrogenated margarine
- 45 ml (3 tbsp) vegetable oil
- 375 ml (1 1/2 cups) frozen berries
- 125 ml (1/2 cup) almonds, slivered or chopped

Potassium 178mg

4%

## 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**