

Recipe Analyzer Results

A single serving of this recipe has 146 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: 12

Amount per serving

Calories 146

% Daily Value*

Total Fat 4.1g 5%

Saturated Fat 0.9g 4%

Cholesterol 27mg 9%

Sodium 65mg 3%

Total Carbohydrate 22.7g 8%

Dietary Fiber 2.4g 9%

Total Sugars 9.4g

Protein 5.4g

Vitamin D 3mcg 13%

Calcium 70mg 5%

Iron 1mg 6%

Ingredients:

- 250 ml (1 cup) 0% fat plain Greek yogurt
- 2 ripe bananas, mashed (about 250 mL/1 cup)
- 2 eggs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) rolled oats
- 75 ml (1/3 cup) maple syrup
- 7 ml (1/2 tbsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 5 ml (1 tsp) vanilla
- 250 ml (1 cup) fresh or frozen mixed berries

Potassium 256mg

5%

Nutrition Facts

Servings: 12

**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**