

Recipe Analyzer Results

A single serving of this recipe has 247 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 247

% Daily Value*

Total Fat 13.3g 17%

Saturated Fat 2.7g 13%

Cholesterol 33mg 11%

Sodium 129mg 6%

Total Carbohydrate 28.7g 10%

Dietary Fiber 1.2g 4%

Total Sugars 10.8g

Protein 4g

Vitamin D 9mcg 45%

Calcium 72mg 6%

Iron 1mg 8%

Ingredients:

- 190 ml (3/4 cup) whole milk
- 15 ml (1 tbsp) lemon juice
- 375 ml (1 1/2 cups) whole wheat flour
- 125 ml (1/2 cup) yellow cornmeal
- 125 ml (1/2 cup) sugar
- 10 ml (2 tsp) baking powder
- 5 ml (1 tsp) salt
- 250 ml (1 cup) frozen or fresh blueberries
- 2 eggs
- 7 ml (1/2 tbsp) vanilla extract
- 125 ml (1/2 cup) sour cream
- 1 Zest of 1 lemon (about 7 mL/1/2 tbsp)
- 125 ml (1/2 cup) sunflower oil

Potassium 176mg

4%

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**