

Recipe Analyzer Results

A single serving of this recipe has 175 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: 10

Amount per serving

Calories 175

% Daily Value*

Total Fat 7.7g 10%

Saturated Fat 2.4g 12%

Cholesterol 25mg 8%

Sodium 89mg 4%

Total Carbohydrate 17.9g 7%

Dietary Fiber 2.7g 10%

Total Sugars 2g

Protein 8.7g

Vitamin D 3mcg 13%

Calcium 118mg 9%

Iron 2mg 11%

Ingredients:

- 125 ml (1/2 cup) all purpose flour
- 125 ml (1/2 cup) whole wheat flour
- 125 ml (1/2 cup) fine cornmeal
- 75 ml (1/3 cup) ground flax seed or wheat germ
- 5 ml (1 tsp) each baking powder and baking soda
- 2 ml (1/2 tsp) each garlic powder and paprika
- 1 ml (1/4tsp) cayenne
- 250 ml (1 cup) 0% fat plain Greek yogurt
- 75 ml (1/3 cup) skim milk
- 1 egg
- 30 ml (2 tbsp) canola oil
- 375 ml (1 1/2 cups) chopped broccoli florets
- 175 ml (3/4 cup) shredded light old Cheddar cheese

Potassium 190mg

4%

Nutrition Facts

Servings: 10

**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**