

Recipe Analyzer Results

A single serving of this recipe has 259 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 259

% Daily Value*

Total Fat 3.8g	5%
Saturated Fat 0.6g	3%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 52.8g	19%
Dietary Fiber 8.1g	29%
Total Sugars 19.8g	
Protein 6.2g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 3mg	18%

Ingredients:

- 4 apples, (about 600 g/ 1 1/4 lb) cored and chopped
- 500 ml (2 cups) frozen or fresh blueberries
- 45 ml (3 tbsp) packed brown sugar
- 30 ml (2 tbsp) all purpose flour
- 5 ml (1 tsp) vanilla
- 250 ml (1 cup) large flake oats
- 125 ml (1/2 cup) all purpose flour
- 75 ml (1/3 cup) wheat bran
- 30 ml (2 tbsp) packed brown sugar
- 2 ml (1/2 tsp) ground cinnamon
- 45 ml (3 tbsp) soft non-hydrogenated margarine, melted

Potassium 298mg

6%

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**