

Recipe Analyzer Results

A single serving of this recipe has 172 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 172

% Daily Value*

Total Fat 5.7g 7%

Saturated Fat 0.6g 3%

Cholesterol 14mg 5%

Sodium 58mg 3%

Total Carbohydrate 28.1g 10%

Dietary Fiber 3g 11%

Total Sugars 13.4g

Protein 4.5g

Vitamin D 1mcg 6%

Calcium 52mg 4%

Iron 2mg 9%

Ingredients:

- 60 ml (1/4 cup) canola oil
- 150 ml (2/3 cup) packed brown sugar
- 1 egg
- 1 very ripe banana, mashed
- 1 zucchini, grated (about 250 mL/1 cup)
- 5 ml (1tsp) ground cinnamon
- 125 ml (1/2 cup) 0% fat plain Greek yogurt
- 5 ml (1 tsp) vanilla extract
- 250 ml (1 cup) all purpose flour with added bran or all purpose flour
- 175 ml (3/4 cup) wheat bran
- 60 ml (1/4 cup) wheat germ
- 5 ml (1 tsp) baking powder
- 2 ml (1/2 tsp) baking soda
- 125 ml (1/2 cup) raisins or dried cranberries or dried blueberries

Potassium 276mg

6%

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**