

Recipe Analyzer Results

A single serving of this recipe has 195 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: 4

Amount per serving

Calories 195

% Daily Value\*

Total Fat 3.8g 5%

Saturated Fat 1g 5%

Cholesterol 82mg 27%

Sodium 285mg 12%

Total Carbohydrate 35.3g 13%

Dietary Fiber 5.7g 20%

Total Sugars 15.5g

Protein 8.5g

Vitamin D 22mcg 112%

Calcium 259mg 20%

Iron 4mg 24%

Ingredients:

- 125 ml (1/2 cup) skim milk
- 2 eggs
- 2 ml (1/2 tsp) grated orange rind
- 5 ml (1 tsp) vanilla
- 2 ml (1/2 tsp) ground cinnamon
- 250 ml (1 cup) bran flakes, crushed
- 4 slices whole grain bread
- 5 ml (1 tsp) granulated sugar
- 1 large navel orange, peeled and chopped
- 250 ml (1 cup) diced pineapple
- 5 ml (1 tsp) soft non-hydrogenated margarine

Potassium 279mg

6%

## Nutrition Facts

Servings: 4

*\*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**