

## 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

## Nutrition Facts

Servings: 4

6%

*\*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**