

Recipe Analyzer Results

A single serving of this recipe has 764 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: 1

Amount per serving

Calories 764

% Daily Value*

Total Fat 34.3g 44%

Saturated Fat 3.5g 17%

Cholesterol 171mg 57%

Sodium 279mg 12%

Total Carbohydrate 87.9g 32%

Dietary Fiber 7.4g 27%

Total Sugars 52.3g

Protein 24.3g

Vitamin D 17mcg 87%

Calcium 986mg 76%

Iron 3mg 19%

Ingredients:

- 250 ml (1 cup) whole wheat flour
- 125 ml (1/2 cup) all purpose flour
- 30 ml (2 tbsp) granulated sugar
- 10 ml (2 tsp) baking powder
- 1 pinch ground cinnamon
- 375 ml (1 1/2 cups) skim milk
- 1 egg
- 30 ml (2 tbsp) canola oil
- 10 ml (2 tsp) vanilla
- 250 ml (1 cup) diced fresh strawberries

Potassium 2063mg

44%

Nutrition Facts

Servings: 1

**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**