

Recipe Analyzer Results

A single serving of this recipe has 158 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: 2

Amount per serving

Calories 158

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 6.1g | 8% |
| Saturated Fat 3.3g | 16% |
| Cholesterol 15mg | 5% |
| Sodium 271mg | 12% |
| Total Carbohydrate 19.6g | 7% |
| Dietary Fiber 4.6g | 17% |
| Total Sugars 3.9g | |
| Protein 9.4g | |
| Vitamin D 2mcg | 11% |
| Calcium 324mg | 25% |
| Iron 2mg | 10% |

Ingredients:

- 500 ml (2 cups) frozen broccoli
- 2 slices whole grain bread
- 1 ml (1/4 tsp) red pepper flakes
- 2 ml (1/2 tsp) garlic powder
- 60 ml (1/4 cup) light cheddar cheese, grated

Potassium 328mg

7%

Nutrition Facts

Servings: 2

**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**