

Recipe Analyzer Results

A single serving of this recipe has 133 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 133

% Daily Value\*

Total Fat 4.5g 6%

Saturated Fat 1.4g 7%

Cholesterol 164mg 55%

Sodium 105mg 5%

Total Carbohydrate 16.5g 6%

Dietary Fiber 2.5g 9%

Total Sugars 3.6g

Protein 7.3g

Vitamin D 15mcg 77%

Calcium 70mg 5%

Iron 2mg 8%

Ingredients:

- 4 eggs
- 500 ml (2 cups) finely grated carrot
- 500 ml (2 cups) finely grated potato
- 15 ml (1 tbsp) finely grated onion
- 30 ml (2 tbsp) whole wheat flour
- 2 ml (1/2 tsp) baking powder

Potassium 471mg

10%

## 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**