

Recipe Analyzer Results

A single serving of blondie has 378 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

Serving size: 1 Brownie

Servings: 72

Amount per serving

Calories **378**

% Daily Value*

Total Fat 17.5g **22%**

Saturated Fat 10g **50%**

Cholesterol 43mg **14%**

Sodium 163mg **7%**

Total Carbohydrate 53.4g **19%**

Dietary Fiber 0.5g **2%**

Total Sugars 33.5g

Protein 2.4g

Vitamin D 9mcg **47%**

Calcium 54mg **4%**

Iron 1mg **6%**

Potassium 118mg **3%**

**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**

Ingredients:

- 38 2/5 gram baking powder
- 1320 gram all purpose flour
- 12 gram kosher salt
- 2040 gram light brown sugar
- 1080 gram butter
- 2 eggs
- 40 gram canola oil
- 1380 gram chocolate chips chocolate

Recipe Analyzer Results

A single serving of chocolate cake pop has 82 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

Serving size: ea

Servings: 1

Amount per serving

Calories **82**

% Daily Value*

Total Fat 2.9g **4%**

Saturated Fat 1.5g **8%**

Cholesterol 46mg **15%**

Sodium 122mg **5%**

Total Carbohydrate 12.7g **5%**

Dietary Fiber 0.5g **2%**

Total Sugars 8.7g

Protein 2.3g

Vitamin D 5mcg 25%

Calcium 16mg 1%

Iron 1mg 3%

Potassium 58mg 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**

Ingredients:

- 5 g all purpose flour
- 300 milligram baking powder
- 168 milligram baking soda
- 103 milligram kosher salt
- 7 milliliter buttermilk
- 11 g eggs
- 1 g cocoa powder
- 8 g granulated sugar
- 8 g chocolate coating
- 2 g unsalted butter

Recipe Analyzer Results

A single serving of chocolate dipped rice krispie treat has 376 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

Serving size: 1 each

Servings: 60

Amount per serving

Calories **376**

% Daily Value*

Total Fat 11.7g **15%**

Saturated Fat 9.1g **46%**

Cholesterol 12mg **4%**

Sodium 294mg **13%**

Total Carbohydrate 68g **25%**

Dietary Fiber 1g **4%**

Total Sugars 36.4g

Protein 3.1g

Vitamin D 3mcg **15%**

Calcium 21mg **2%**

Iron 8mg **42%**

Potassium 27mg **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**

Ingredients:

- 1296 gram cereal rice crisp
- 322 gram unsalted butter
- 6 lb jet puff marshmallow mini white
- 1200 gram dark coating chocolate

Recipe Analyzer Results

A single serving of dream bar has 270 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

Serving size: 1 each

Servings: 60

Amount per serving

Calories **270**

% Daily Value*

Total Fat 14.9g **19%**

Saturated Fat 10.6g **53%**

Cholesterol 13mg **4%**

Sodium 76mg **3%**

Total Carbohydrate 31.3g **11%**

Dietary Fiber 2g **7%**

Total Sugars 27.7g

Protein 4.2g

Vitamin D 0mcg **0%**

Calcium 114mg **9%**

Iron 3mg **16%**

Potassium 229mg **5%**

**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**

Ingredients:

- 1580 gram sweetened condensed milk
- 1000 gram coconut, shredded, sweetened
- 400 gram candy coating white chocolate
- 800 gram chocolate chips
- 1 graham cracker crust

Recipe Analyzer Results

A single serving of rice krispie treat has 272 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

Serving size: 1 each

Servings: 60

Amount per serving

Calories **272**

% Daily Value*

Total Fat 4.4g **6%**

Saturated Fat 2.8g **14%**

Cholesterol 12mg **4%**

Sodium 191mg **8%**

Total Carbohydrate 56.2g **20%**

Dietary Fiber 0g **0%**

Total Sugars 26.7g

Protein 2.7g

Vitamin D 3mcg **17%**

Calcium 1mg **0%**

Iron 6mg **32%**

Potassium 36mg **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**

Ingredients:

- 1296 Cereal rice crispy
- 322 gram unsalted butter
- 6 lb jet-puff mini marshmallows

Recipe Analyzer Results

A single serving of fudge brownie has 539 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

Serving size: ea

Servings: 60

Amount per serving

Calories **539**

% Daily Value*

Total Fat 36.6g **47%**

Saturated Fat 10.4g **52%**

Cholesterol 139mg **46%**

Sodium 172mg **7%**

Total Carbohydrate 47.6g **17%**

Dietary Fiber 1g **4%**

Total Sugars 38.6g

Protein 7.6g

Vitamin D 17mcg 86%

Calcium 73mg 6%

Iron 2mg 9%

Potassium 161mg 3%

**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**

Ingredients:

- 1368 g unsalted butter
- 16 g kosher salt
- 1200 g granulated sugar
- 1/2 oz vanilla extract
- 1368 g chocolate chips
- 18 g instant coffee
- 456 g all purpose flour
- 19 whole eggs
- 8 g baking powder
- 700 g heavy cream
- 700 g dark chocolate chips

Recipe Analyzer Results

A single serving of lemon bar has 331 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

Serving size: 1 bar

Servings: 45

Amount per serving

Calories **331**

% Daily Value*

Total Fat 9.5g **12%**

Saturated Fat 5.7g **28%**

Cholesterol 30mg **10%**

Sodium 178mg **8%**

Total Carbohydrate 52g **19%**

Dietary Fiber 0.3g **1%**

Total Sugars 49.7g

Protein 9.8g

Vitamin D 0mcg **1%**

Calcium 265mg **20%**

Iron 1mg **3%**

Potassium 428mg **9%**

**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**

Ingredients:

- 763 gram liquid egg yolk
- 2970 gram condensed milk
- 23 gram corn starch
- 26 oz lemon juice
- 3/4 oat crust
- 75 gram lemon puree

Recipe Analyzer Results

A single serving of marble matcha blondie has 552 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

Serving size: ea

Servings: 60

Amount per serving

Calories **552**

% Daily Value*

Total Fat 27.2g **35%**

Saturated Fat 16.4g **82%**

Cholesterol 63mg **21%**

Sodium 291mg **13%**

Total Carbohydrate 66.3g **24%**

Dietary Fiber 0.8g **3%**

Total Sugars 53.7g

Protein 12.5g

Vitamin D 115mcg **575%**

Calcium 373mg **29%**

Iron 1mg **7%**

Potassium 516mg **11%**

**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**

Ingredients:

- 5 g baking powder
- All Purpose Flour
- 10 g kosher salt
- 1700 g light brown sugar
- 900 g unsalted butter
- 12 ea eggs
- 1150 g white chocolate chips
- 64 g matcha powder
- 160 ml whole milk

Recipe Analyzer Results

A single serving of pineapple cheesecake bar has 248 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

Serving size: ea

Servings: 60

Amount per serving

Calories **248**

% Daily Value*

Total Fat 12.7g **16%**

Saturated Fat 8g **40%**

Cholesterol 63mg **21%**

Sodium 136mg **6%**

Total Carbohydrate 30.2g **11%**

Dietary Fiber 2.1g **8%**

Total Sugars 15.3g

Protein 4.4g

Vitamin D 4mcg 19%

Calcium 35mg 3%

Iron 1mg 7%

Potassium 137mg 3%

**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**

Ingredients:

- 384 g all purpose flour
- 6 g ground cinnamon
- 14 g kosher salt
- 512 g light brown sugar
- 768 g rolled oats
- 500 g unsalted butter
- 2400 g fresh pineapple
- 6 g vanilla extract
- 600 g cream cheese
- 5 large eggs
- 100 g heavy cream
- 100 g sour cream
- 160 g granulated sugar

Recipe Analyzer Results

A single serving of s'more bar has 283 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

Serving size: 1 bar

Servings: 45

Amount per serving

Calories **283**

% Daily Value*

Total Fat 8.7g **11%**

Saturated Fat 4.5g **23%**

Cholesterol 0mg **0%**

Sodium 54mg **2%**

Total Carbohydrate 55.6g **20%**

Dietary Fiber 3.1g **11%**

Total Sugars 43.7g

Protein 2.3g

Vitamin D 0mcg **0%**

Calcium 12mg **1%**

Iron 3mg **16%**

Potassium 242mg **5%**

**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**

Ingredients:

- 3/4 graham cracker crust
- 0.61 quart liquid egg
- 1200 gram confectioner sugar
- 25 gram kosher salt
- 0.88 oz vanilla extract
- 400 gram mini marshmallows
- 105 graham cracker
- 425 gram cocoa powder
- Chocolate Chunks Semi Sweet Baker's Chocolate & Coconut

Recipe Analyzer Results

A single serving of vegan gf brownie has 314 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

Serving size: ea

Servings: 60

Amount per serving

Calories **314**

% Daily Value*

Total Fat 14.9g **19%**

Saturated Fat 11.2g **56%**

Cholesterol 0mg **0%**

Sodium 724mg **31%**

Total Carbohydrate 47.1g **17%**

Dietary Fiber 3.3g **12%**

Total Sugars 23g

Protein 3.5g

Vitamin D 0mcg **0%**

Calcium 40mg **3%**

Iron 2mg **9%**

Potassium 541mg **12%**

**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**

Ingredients:

- 18 g kosher salt
- 100 g cocoa powder
- 340 g coconut butter
- 340 g coconut oil
- 1200 g vegan chocolate chips
- 608 g gluten free flour
- 1500 g plant based eggs
- 708 g light brown sugar
- 708 g palm sugar

Recipe Analyzer Results

A single serving of healthy banana bread 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: 20

Amount per serving

Calories **133**

% Daily Value*

Total Fat 5.3g **7%**

Saturated Fat 4.4g **22%**

Cholesterol 0mg **0%**

Sodium 131mg **6%**

Total Carbohydrate 20.9g **8%**

Dietary Fiber 1.9g **7%**

Total Sugars 9.2g

Protein 1.9g

Vitamin D 0mcg **0%**

Calcium 25mg **2%**

Iron 0mg **1%**

Potassium 124mg **3%**

**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**

Ingredients:

- 10 grams baking powder
- 5 grams baking soda
- 350 grams banana
- 2 each eggs
- 6 mm vanilla extract
- 275 grams gluten free flour
- 170 grams honey
- 100 grams coconut oil
- 3 grams kosher salt
- 3 grams cinnamon

Recipe Analyzer Results

A single serving of this recipe has 146 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: 40

Amount per serving

Calories 146

% Daily Value*

Total Fat 2.4g 3%

Saturated Fat 1.6g 8%

Cholesterol 2mg 1%

Sodium 113mg 5%

Total Carbohydrate 29.2g 11%

Dietary Fiber 0.8g 3%

Total Sugars 18.7g

Protein 2.6g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 1mg 5%

Potassium 107mg 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**

Ingredients:

- 500 grams zucchini
- 135 grams light brown sugar
- 450 grams granulated sugar
- 6 each eggs
- 5 grams cinnamon
- 6 grams kosher salt
- 8 grams baking powder
- 6 grams baking soda
- 300 grams chocolate chips
- 500 grams All purpose flour

Recipe Analyzer Results

A single serving of chocolate chip cookie has 207 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

Serving size: 1 cookie

Servings: 63

Amount per serving

Calories **207**

	% Daily Value*
Total Fat 6.4g	8%
Saturated Fat 3.3g	16%
Cholesterol 28mg	9%
Sodium 137mg	6%
Total Carbohydrate 34.4g	13%
Dietary Fiber 1.4g	5%
Total Sugars 22.8g	
Protein 3.2g	
Vitamin D 3mcg	17%
Calcium 14mg	1%
Iron 2mg	13%
Potassium 49mg	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**

Ingredients:

- 1.33 lb butter
- 47 ml molasses
- 8 3/10 gram baking soda
- 11 gram kosher salt
- 933 gram chocolate semi sweet
- 1/5 oz vanilla extract
- 861 gram all purpose flour
- 4 eggs
- 485 gram light brown sugar
- 361 gram sugar

Recipe Analyzer Results

A single serving of gluten free chocolate chip cookie has 168 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

Serving size: 1 cookie

Servings: 63

Amount per serving

Calories **168**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Cholesterol 29mg **10%**

Sodium 125mg **5%**

Total Carbohydrate 27.2g **10%**

Dietary Fiber 0.7g **3%**

Total Sugars 20.4g

Protein 2.4g

Vitamin D 3mcg **17%**

Calcium 17mg **1%**

Iron 1mg **3%**

Potassium 34mg **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**

Ingredients:

- 1.33 lb butter
- 46 ml molasses
- 8 gram baking soda
- 10 4/5 gram kosher salt
- 777 1/2 gram chocolate chunk semi sweet chips
- 4 eggs
- 485 gram light brown sugar
- 360 4/5 gram sugar
- 860 gram gluten free flour

Recipe Analyzer Results

A single serving of oatmeal cookie has 102 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

Serving size: 1 cookie

Servings: 50

Amount per serving

Calories **102**

% Daily Value*

Total Fat 2.8g **4%**

Saturated Fat 0.7g **4%**

Cholesterol 46mg **15%**

Sodium 54mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0.6g **2%**

Total Sugars 9.1g

Protein 2.6g

Vitamin D 4mcg **21%**

Calcium 30mg **2%**

Iron 1mg **4%**

Potassium 117mg **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**

Ingredients:

- 4 gram cinnamon
- 6 gram kosher salt
- 46 gram light brown sugar
- 22 3/5 gram butter
- 2/5 oz vanilla extract
- 3 gram ginger spice
- 53 gram rolled oats
- 30 gram dried cranberries
- 20 gram baking powder
- 370 gram all purpose flour
- 50 gram canola oil
- 6 eggs
- 5 gram baking soda
- 200 grams sugar
- 300 gram dried raisins

Recipe Analyzer Results

A single serving of sugar cookie has 310 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

Serving size: 1 cookie

Servings: 50

Amount per serving

Calories **310**

% Daily Value*

Total Fat 13.7g **18%**

Saturated Fat 7.9g **39%**

Cholesterol 76mg **25%**

Sodium 213mg **9%**

Total Carbohydrate 42g **15%**

Dietary Fiber 0.7g **2%**

Total Sugars 20.8g

Protein 5.3g

Vitamin D 12mcg **62%**

Calcium 14mg **1%**

Iron 1mg **8%**

Potassium 125mg **3%**

**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**

Ingredients:

- 725 gram butter
- 160 gram instant milk powder
- 1280 gram all purpose flour
- 19 gram kosher salt
- 19 gram baking soda
- 23 gram cream of tartar
- 0.56 oz vanilla extract
- 300 gram rainbow sprinkles
- 6 eggs
- 960 gram sugar

Recipe Analyzer Results

A single serving of mini caprese has 252 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 **252**

% Daily Value*

Total Fat 8.9g 11%

Saturated Fat 14.5g 73%

Cholesterol 23mg 8%

Sodium 567mg 25%

Total Carbohydrate 26.3g 10%

Dietary Fiber 1.6g 6%

Total Sugars 3.3g

Protein 16.6g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 2mg 9%

Potassium 122mg 3%

**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**

Ingredients:

- 1 1/2 oz tomato
- 1 1/2 oz mozzarella
- 3/8 oz balsamic glaze
- ciabatta
- 1/4 oz basil

Recipe Analyzer Results

A single serving of mini italian has 435 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	435
	% Daily Value*
Total Fat 27.6g	35%
Saturated Fat 18.2g	91%
Cholesterol 41mg	14%
Sodium 1278mg	56%
Total Carbohydrate 30.5g	11%
Dietary Fiber 2.5g	9%
Total Sugars 3g	
Protein 16.3g	
Vitamin D 10mcg	51%
Calcium 153mg	12%
Iron 4mg	23%
Potassium 231mg	5%

**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**

Ingredients:

- 1/2 oz artichoke heart
- Geona/Capicola & Provolone Italian Small Cold Sandwiches Amato's Sandwich Shop
- 1/2 ciabatta
- 3/4 oz salami
- 3/4 oz ham
- 1/2 oz romaine
- 1/2 oz roasted red pepper
- 1/2 oz provolone
- 3/4 oz nduja aioli

Recipe Analyzer Results

A single serving of mini smoked turkey breast and farmhouse cheddar has 273 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 **273**

% Daily Value*

Total Fat 15.7g **20%**

Saturated Fat 5.2g **26%**

Cholesterol 40mg **13%**

Sodium 1015mg **44%**

Total Carbohydrate 21.1g **8%**

Dietary Fiber 2g **7%**

Total Sugars 5.4g

Protein 16.7g

Vitamin D 2mcg **8%**

Calcium 134mg **10%**

Iron 2mg **13%**

Potassium 86mg **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**

Ingredients:

- 1/2 serving potato bun
- 1/2 cheddar
- 1/2 oz garlic aioli
- 1 oz tomato
- 1/8 oz lettuce
- 1/2 pickled shallots
- 2 oz smoked turkey breast

Recipe Analyzer Results

A single serving of mini house roast beef sandwich has 427 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

Serving size: ea

Servings: 1

Amount per serving

Calories **427**

% Daily Value*

Total Fat 16.9g **22%**

Saturated Fat 5g **25%**

Cholesterol 144mg **48%**

Sodium 419mg **18%**

Total Carbohydrate 15.8g **6%**

Dietary Fiber 1.6g **6%**

Total Sugars 0.5g

Protein 49.8g

Vitamin D 0mcg 0%

Calcium 53mg 4%

Iron 30mg 164%

Potassium 675mg 14%

**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**

Ingredients:

- 1 1/2 oz roast beef
- 1/2 oz mayonnaise
- 1/4 oz giardiniera
- 1/2 oz sliced provolone
- 1 dinner roll
- 1/2 oz green leaf lettuce

Recipe Analyzer Results

A single serving of mini banh mi chicken sandwich has 311 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

Serving size: ea

Servings: 1

Amount per serving

Calories 311

% Daily Value*

Total Fat 9.2g 12%

Saturated Fat 0.6g 3%

Cholesterol 103mg 34%

Sodium 318mg 14%

Total Carbohydrate 20g 7%

Dietary Fiber 2.7g 10%

Total Sugars 2.5g

Protein 36.4g

Vitamin D 0mcg 1%

Calcium 45mg 3%

Iron 1mg 7%

Potassium 796mg 17%

**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**

Ingredients:

- 1 1/2 oz chicken breast
- 1/2 oz nappa cabbage
- 1/2 oz cucumbers
- 5 g shredded carrots
- 5 g mayonaise
- 15 g lime juice
- 3 g sambal olek
- 1 g cilantro
- 3/10 g basil
- 1 g mint
- 1 dinner roll

Recipe Analyzer Results

A single serving of mini ham and gouda sandwich has 421 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

Serving size: ea

Servings: 1

Amount per serving

Calories 421

% Daily Value*

Total Fat 13.7g **18%**

Saturated Fat 4.3g **21%**

Cholesterol 28mg **9%**

Sodium 1144mg **50%**

Total Carbohydrate 48.2g **18%**

Dietary Fiber 1.4g **5%**

Total Sugars 0.3g

Protein 23.5g

Vitamin D 0mcg **0%**

Calcium 103mg **8%**

Iron 2mg **13%**

Potassium 170mg **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**

Ingredients:

- 1 1/2 oz nueskes ham
- 10 g smoked gouda
- 5 g arugula
- 5 g french onion pieces
- 5 g mayonaise
- 5 g dijon mustard
- 5 g dried cranberries
- 1 pretzel slider bun

Recipe Analyzer Results

A single serving of chocolate chip cookie has 207 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

Serving size: 1 cookie

Servings: 63

Amount per serving

Calories **207**

	% Daily Value*
Total Fat 6.4g	8%
Saturated Fat 3.3g	16%
Cholesterol 28mg	9%
Sodium 137mg	6%
Total Carbohydrate 34.4g	13%
Dietary Fiber 1.4g	5%
Total Sugars 22.8g	
Protein 3.2g	
Vitamin D 3mcg	17%
Calcium 14mg	1%
Iron 2mg	13%
Potassium 49mg	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**

Ingredients:

- 1.33 lb butter
- 47 ml molasses
- 8 3/10 gram baking soda
- 11 gram kosher salt
- 933 gram chocolate semi sweet
- 1/5 oz vanilla extract
- 861 gram all purpose flour
- 4 eggs
- 485 gram light brown sugar
- 361 gram sugar

Recipe Analyzer Results

A single serving of gluten free chocolate chip cookie has 168 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

Serving size: 1 cookie

Servings: 63

Amount per serving

Calories 168

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Cholesterol 29mg **10%**

Sodium 125mg **5%**

Total Carbohydrate 27.2g **10%**

Dietary Fiber 0.7g **3%**

Total Sugars 20.4g

Protein 2.4g

Vitamin D 3mcg **17%**

Calcium 17mg **1%**

Iron 1mg **3%**

Potassium 34mg **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**

Ingredients:

- 1.33 lb butter
- 46 ml molasses
- 8 gram baking soda
- 10 4/5 gram kosher salt
- 777 1/2 gram chocolate chunk semi sweet chips
- 4 eggs
- 485 gram light brown sugar
- 360 4/5 gram sugar
- 860 gram gluten free flour

Recipe Analyzer Results

A single serving of oatmeal cookie has 102 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

Serving size: 1 cookie

Servings: 50

Amount per serving

Calories **102**

% Daily Value*

Total Fat 2.8g **4%**

Saturated Fat 0.7g **4%**

Cholesterol 46mg **15%**

Sodium 54mg **2%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0.6g **2%**

Total Sugars 9.1g

Protein 2.6g

Vitamin D 4mcg **21%**

Calcium 30mg **2%**

Iron 1mg **4%**

Potassium 117mg **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**

Ingredients:

- 4 gram cinnamon
- 6 gram kosher salt
- 46 gram light brown sugar
- 22 3/5 gram butter
- 2/5 oz vanilla extract
- 3 gram ginger spice
- 53 gram rolled oats
- 30 gram dried cranberries
- 20 gram baking powder
- 370 gram all purpose flour
- 50 gram canola oil
- 6 eggs
- 5 gram baking soda
- 200 grams sugar
- 300 gram dried raisins

Recipe Analyzer Results

A single serving of sugar cookie has 310 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

Serving size: 1 cookie

Servings: 50

Amount per serving

Calories **310**

% Daily Value*

Total Fat 13.7g **18%**

Saturated Fat 7.9g **39%**

Cholesterol 76mg **25%**

Sodium 213mg **9%**

Total Carbohydrate 42g **15%**

Dietary Fiber 0.7g **2%**

Total Sugars 20.8g

Protein 5.3g

Vitamin D 12mcg **62%**

Calcium 14mg **1%**

Iron 1mg **8%**

Potassium 125mg **3%**

**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**

Ingredients:

- 725 gram butter
- 160 gram instant milk powder
- 1280 gram all purpose flour
- 19 gram kosher salt
- 19 gram baking soda
- 23 gram cream of tartar
- 0.56 oz vanilla extract
- 300 gram rainbow sprinkles
- 6 eggs
- 960 gram sugar

Recipe Analyzer Results

A single serving of blueberry muffin has 317 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

Serving size: 1 muffin

Servings: 58

Amount per serving

Calories **317**

% Daily Value*

Total Fat 12.6g **16%**

Saturated Fat 6.1g **31%**

Cholesterol 74mg **25%**

Sodium 128mg **6%**

Total Carbohydrate 44.7g **16%**

Dietary Fiber 1.4g **5%**

Total Sugars 20.5g

Protein 6.7g

Vitamin D 22mcg **110%**

Calcium 116mg **9%**

Iron 2mg **12%**

Potassium 241mg **5%**

**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**

Ingredients:

- 46 4/5 gram baking powder
- 0.71 oz vanilla extract
- 23 2/5 gram kosher salt
- 507 gram light brown sugar
- 546 gram sour cream
- 390 gram butter
- 1716 gram all purpose flour
- 25 oz whole milk
- 1440 gram blueberries
- 15 3/5 gram baking soda
- 390 gram sugar
- 117 gram canola oil
- 100 gram lemon puree
- 8 eggs

Recipe Analyzer Results

A single serving of lemon poppy seed muffin has 376 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

Serving size: 1 muffin

Servings: 62

Amount per serving

Calories **376**

	% Daily Value*
Total Fat 16.2g	21%
Saturated Fat 9.2g	46%
Cholesterol 101mg	34%
Sodium 317mg	14%
Total Carbohydrate 34.6g	13%
Dietary Fiber 3.9g	14%
Total Sugars 18g	
Protein 12.7g	
Vitamin D 19mcg	93%
Calcium 206mg	16%
Iron 2mg	12%
Potassium 1176mg	25%

**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**

Ingredients:

- 80 gram baking powder
- 25 gram baking soda
- 130 gram canola oil
- 16 eggs
- 1.13 oz vanilla extract
- 2300 gram all purpose flour
- 25 gram kosher salt
- 460 ml lemon juice
- 61 ml lemon oil
- 1400 ml whole milk
- 150 gram lemon puree
- 1590 gram sugar
- 1 lb butter
- 224 gram poppy seeds

Recipe Analyzer Results

A single serving of pear & chai scone has 376 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

Serving size: ea

Servings: 50

Amount per serving

Calories **376**

% Daily Value*

Total Fat 4.2g **5%**

Saturated Fat 2.4g **12%**

Cholesterol 35mg **12%**

Sodium 139mg **6%**

Total Carbohydrate 48.7g **18%**

Dietary Fiber 2.2g **8%**

Total Sugars 18.5g

Protein 5.2g

Vitamin D 5mcg 23%

Calcium 71mg 5%

Iron 2mg 10%

Potassium 264mg 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**

Ingredients:

- 50 g baking powder
- 208 g unsalted butter
- 200 g eggs
- 45 g egg yolks
- 27 ml vanilla extract
- 2 kilograms all purpose flour
- 490 g buttermilk
- 3 g ground nutmeg
- 1 kilogram fresh pears
- 12 g kosher salt
- 3 g ground cardamom
- 20 g ground cinnamon
- 17 g ground ginger
- 390 g granulated sugar

Recipe Analyzer Results

A single serving of asian salad has 270 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 **270**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Cholesterol 73mg **24%**

Sodium 574mg **25%**

Total Carbohydrate 32g **12%**

Dietary Fiber 3.4g **12%**

Total Sugars 22.2g

Protein 26.3g

Vitamin D 0mcg **0%**

Calcium 65mg **5%**

Iron 3mg **16%**

Potassium 852mg **18%**

**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**

Ingredients:

- 1 oz orange mandarin
- 2 oz soy ginger vinaigrette
- 1/2 oz nappa cabbage
- 1/2 oz red cabbage
- 1 oz celery
- 4 grams wonton strips
- 4 oz grilled chicken breast
- 2 oz romaine lettuce
- 1 oz carrot
- 1/2 oz cucumbers
- 1/2 oz purple radish
- 1/2 oz green onions

Recipe Analyzer Results

A single serving of chopped salad has 148 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	148
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 522mg	23%
Total Carbohydrate 33.5g	12%
Dietary Fiber 3.3g	12%
Total Sugars 22.9g	
Protein 3g	
Vitamin D 0mcg	0%
Calcium 66mg	5%
Iron 1mg	5%
Potassium 537mg	11%

**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**

Ingredients:

- 1/2 oz cabbage
- 1/2 oz red cabbage
- 1 oz celery
- 2 oz romaine
- 1 oz carrot
- 1/2 oz cucumbers
- 1/2 oz radish
- 1/2 oz green onion
- 1 oz mandrian
- 2 oz soy ginger vinaigrette
- 4 gram wonton strip

Recipe Analyzer Results

A single serving of cobb salad with grilled chicken has 839 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 **839**

% Daily Value*

Total Fat 58.7g **75%**

Saturated Fat 18.3g **92%**

Cholesterol 334mg **111%**

Sodium 2036mg **89%**

Total Carbohydrate 17.6g **6%**

Dietary Fiber 9.2g **33%**

Total Sugars 3.7g

Protein 59.7g

Vitamin D 15mcg **77%**

Calcium 278mg **21%**

Iron 4mg **22%**

Potassium 1462mg **31%**

*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**

Ingredients:

- 2 oz bacon
- 3 oz mixed greens
- 1 oz blue cheese crumbles
- 1/2 oz red onion
- 1/2 avocado
- 1 hard boiled egg
- 2 oz cherry tomatoes
- 1/4 oz chives
- 4 oz grilled chicken breast

Recipe Analyzer Results

A single serving of greek salad has 298 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 **298**

% Daily Value*

Total Fat 24.4g 31%

Saturated Fat 5.8g 29%

Cholesterol 17mg 6%

Sodium 1380mg 60%

Total Carbohydrate 15.3g 6%

Dietary Fiber 1.9g 7%

Total Sugars 6.4g

Protein 7.4g

Vitamin D 0mcg 0%

Calcium 151mg 12%

Iron 1mg 8%

Potassium 300mg 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**

Ingredients:

- 1 oz cherry tomatoes
- 1 oz cucumbers
- 1 oz feta cheese crumbled
- 1 oz kalamata olives
- 2 oz romaine
- 1 oz pepperoncini
- 1 oz sweet baby peppers
- 1 1/2 oz greek dressing

Recipe Analyzer Results

A single serving of caesar chicken salad has 305 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	305
	% Daily Value*
Total Fat 13.6g	17%
Saturated Fat 2.4g	12%
Cholesterol 83mg	28%
Sodium 667mg	29%
Total Carbohydrate 15.9g	6%
Dietary Fiber 0.7g	3%
Total Sugars 10.8g	
Protein 30.1g	
Vitamin D 0mcg	0%
Calcium 141mg	11%
Iron 1mg	5%
Potassium 744mg	16%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.</i>	
Recipe analyzed by verywell	

Ingredients:

- 4 oz grilled chicken breast
- 3 oz romaine
- 1/2 oz parmesan
- 40 oz caesar dressing

Recipe Analyzer Results

A single serving of salmon salad has 613 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 **613**

% Daily Value*

Total Fat 42.4g **54%**

Saturated Fat 3g **15%**

Cholesterol 34mg **11%**

Sodium 586mg **25%**

Total Carbohydrate 39.9g **15%**

Dietary Fiber 4.1g **15%**

Total Sugars 5.7g

Protein 18.7g

Vitamin D 0mcg **0%**

Calcium 24mg **2%**

Iron 1mg **6%**

Potassium 163mg **3%**

**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**

Ingredients:

- 3 oz salmon filet
- 3 oz toasted cous cous
- 1/4 oz raisins
- 1/4 oz pinenuts
- 2 oz artisan lettuce
- 1 oz lemon vinaigrette
- 1 oz sherry vinaigrette

Recipe Analyzer Results

A single serving of southwest salad with grilled chicken has 586 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 **586**

% Daily Value*

Total Fat 26.1g **33%**

Saturated Fat 4.2g **21%**

Cholesterol 82mg **27%**

Sodium 807mg **35%**

Total Carbohydrate 54.6g **20%**

Dietary Fiber 9g **32%**

Total Sugars 9.2g

Protein 36.4g

Vitamin D 0mcg 0%

Calcium 43mg 3%

Iron 6mg 33%

Potassium 1591mg 34%

*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**

Ingredients:

- 4 oz grilled chicken breast
- 3 oz romaine
- 1 oz corn
- 1 oz sweet baby peppers
- 1 oz black beans
- 2 oz buttermilk dressing
- 1/2 oz bbq seasoning

Recipe Analyzer Results

A single serving of house made potato chips has 39 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

Serving size: 2 oz

Servings: 8

Amount per serving

Calories **39**

% Daily Value*

Total Fat 3.6g **5%**

Saturated Fat 0.3g **1%**

Cholesterol 0mg **0%**

Sodium 3mg **0%**

Total Carbohydrate 1.8g **1%**

Dietary Fiber 0.2g **1%**

Total Sugars 0g

Protein 0.3g

Vitamin D 0mcg **0%**

Calcium 1mg **0%**

Iron 0mg **1%**

Potassium 36mg **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**

Ingredients:

- 1 oz canola oil
- 1 lb potato chips frozen

Recipe Analyzer Results

A single serving of hummus & crudite has 217 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	217
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1.7g	8%
Cholesterol 0mg	0%
Sodium 482mg	21%
Total Carbohydrate 22.4g	8%
Dietary Fiber 9g	32%
Total Sugars 3.2g	
Protein 10.2g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 3mg	17%
Potassium 576mg	12%

**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**

Ingredients:

- 4 oz hummus
- 1 oz carrots
- 1 oz celery
- 1 oz cauliflower
- 1 oz cherry tomatoes

Recipe Analyzer Results

A single serving of pita chips has 80 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	80
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
<i>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. <u>2,000 calorie a day</u> is used for general nutrition advice.</i>	
Recipe analyzed by verywell	

Ingredients:

- 2 oz pita chips

Recipe Analyzer Results

A single serving of popcorn has 101 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: 16	
Amount per serving	
Calories	101
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrate 21.9g	8%
Dietary Fiber 4.2g	15%
Total Sugars 0g	
Protein 3.4g	
Vitamin D 0mcg	0%
Calcium 34mg	3%
Iron 1mg	5%
Potassium 0mg	0%

**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**

Ingredients:

- 1 lb yellow popcorn kernel

Recipe Analyzer Results

A single serving of granola bar has 311 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

Serving size: 1 each

Servings: 70

Amount per serving

Calories **311**

% Daily Value*

Total Fat 13.7g **18%**

Saturated Fat 3.4g **17%**

Cholesterol 9mg **3%**

Sodium 125mg **5%**

Total Carbohydrate 44.9g **16%**

Dietary Fiber 3.8g **14%**

Total Sugars 28g

Protein 5.7g

Vitamin D 2mcg 12%

Calcium 42mg 3%

Iron 2mg 11%

Potassium 275mg 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**

Ingredients:

- 300 g unsalted butter
- 900 g honey
- 17 g kosher salt
- 165 g pecan pieces
- 595 g raisins
- 595 g dried cranberries
- 264 g dried apricot
- 575 g sunflower seeds
- 165 g almonds
- 1182 g rolled oats
- 795 g light brown sugar
- 291 g cashews

Recipe Analyzer Results

A single serving of hummus cup has 196 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

Serving size: ea

Servings: 1

Amount per serving

Calories **196**

% Daily Value*

Total Fat 14.2g **18%**

Saturated Fat 2g **10%**

Cholesterol 0mg **0%**

Sodium 275mg **12%**

Total Carbohydrate 14.2g **5%**

Dietary Fiber 4.3g **15%**

Total Sugars 4g

Protein 5.1g

Vitamin D 0mcg **0%**

Calcium 84mg **6%**

Iron 1mg **6%**

Potassium 363mg **8%**

**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**

Ingredients:

- 2 oz Hummus
- 1/2 oz carrots
- 1/2 oz celery
- 1/2 oz cucumber

Recipe Analyzer Results

A single serving of protein bar has 381 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

Serving size: each

Servings: 70

Amount per serving

Calories **381**

% Daily Value*

Total Fat 23.2g **30%**

Saturated Fat 8.3g **41%**

Cholesterol 6mg **2%**

Sodium 136mg **6%**

Total Carbohydrate 34.8g **13%**

Dietary Fiber 5.1g **18%**

Total Sugars 20.2g

Protein 10.8g

Vitamin D 0mcg 0%

Calcium 61mg 5%

Iron 5mg 28%

Potassium 348mg 7%

**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**

Ingredients:

- 1691 grams peanut butter
- 974 grams rolled oats
- 938 grams chocolate chips
- 270 grams honey
- 446 grams flax seed
- 900 grams white chocolate

Recipe Analyzer Results

A single serving of buffalo chicken wrap has 723 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	723
	% Daily Value*
Total Fat 31.7g	41%
Saturated Fat 5.8g	29%
Cholesterol 153mg	51%
Sodium 1208mg	53%
Total Carbohydrate 56.1g	20%
Dietary Fiber 0.8g	3%
Total Sugars 3.1g	
Protein 51.2g	
Vitamin D 0mcg	1%
Calcium 173mg	13%
Iron 1mg	6%
Potassium 813mg	17%

**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**

Ingredients:

- 6 oz grilled chicken breast
- 1 oz celery
- 1 oz franks buffalo sauce
- 1/4 oz romaine
- 1 oz tomato
- 1 tortilla honey wheat
- Buttermilk Ranch Original Dressings & Dips Renee's Gourmet
- 1 oz blue cheese crumbles

Recipe Analyzer Results

A single serving of carne asada wrap has 931 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 **931**

% Daily Value*

Total Fat 29.2g **37%**

Saturated Fat 9.3g **47%**

Cholesterol 115mg **38%**

Sodium 749mg **33%**

Total Carbohydrate 104.8g **38%**

Dietary Fiber 10.3g **37%**

Total Sugars 6g

Protein 66.4g

Vitamin D 0mcg **0%**

Calcium 53mg **4%**

Iron 11mg **63%**

Potassium 1153mg **25%**

**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**

Ingredients:

- 5 oz Carne Asada
- 1 oz black beans
- 1 oz corn
- 1/4 oz lettuce, green
- 1/4 oz cilantro
- 1/4 oz pickled red onions
- 1 oz salsa roja
- 1 1/2 oz queso fresco
- 1 each tortilla honey wheat

Recipe Analyzer Results

A single serving of grilled chicken caesar wrap has 811 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	811
% Daily Value*	
Total Fat 32.1g	41%
Saturated Fat 8.5g	43%
Cholesterol 150mg	50%
Sodium 1091mg	47%
Total Carbohydrate 68.7g	25%
Dietary Fiber 1.4g	5%
Total Sugars 12g	
Protein 65g	
Vitamin D 0mcg	1%
Calcium 530mg	41%
Iron 1mg	7%
Potassium 1018mg	22%

**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**

Ingredients:

- 6 oz grilled chicken breast
- 2 oz caesar dressing
- 2 oz parmesan
- 2 oz romaine
- 2 oz tomato
- 1 tortilla honey wheat

Recipe Analyzer Results

A single serving of smoked turkey club has 628 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 **628**

% Daily Value*

Total Fat 34.1g **44%**

Saturated Fat 5.5g **27%**

Cholesterol 60mg **20%**

Sodium 1617mg **70%**

Total Carbohydrate 56.4g **20%**

Dietary Fiber 0.7g **3%**

Total Sugars 1.6g

Protein 31.6g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 1mg 8%

Potassium 144mg 3%

**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**

Ingredients:

- 3 1/2 oz smoked turkey breast
- 2 slices bacon
- 1 oz avocado aioli
- 1/4 oz lettuce
- 2 oz tomato
- 1 tortilla honey wheat

Recipe Analyzer Results

A single serving of thai tofu wrap has 344 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 **344**

% Daily Value*

Total Fat 7.7g **10%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 62.2g **23%**

Dietary Fiber 6.8g **24%**

Total Sugars 30.5g

Protein 9.2g

Vitamin D 0mcg **0%**

Calcium 103mg **8%**

Iron 3mg **18%**

Potassium 1251mg **27%**

*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**

Ingredients:

- 4 oz romaine
- 4 oz red bell pepper
- 1 oz tofu
- 3 gram basil
- 3 gram cilantro
- 3 gram mint
- 1 spinach tortilla wrap

Recipe Analyzer Results

A single serving of hummus wrap has 699 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

Serving size: ea

Servings: 1

Amount per serving

Calories **699**

% Daily Value*

Total Fat 27.1g **35%**

Saturated Fat 3.5g **18%**

Cholesterol 0mg **0%**

Sodium 770mg **33%**

Total Carbohydrate 96g **35%**

Dietary Fiber 17.6g **63%**

Total Sugars 22.9g

Protein 16.5g

Vitamin D 0mcg **0%**

Calcium 360mg **28%**

Iron 5mg **30%**

Potassium 785mg **17%**

**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**

Ingredients:

- 2 oz hummus
- 1 oz artichoke hearts
- 1 oz cucumber
- 1 oz fennel
- 1 oz fried onion pieces
- 1 oz tuscan kale
- 2 oz romaine lettuce
- 1 oz red bell peppers
- ea Spinach
- Tortilla 12" Great Wraps