

Recipe Analyzer Results

A single serving of rosemary-craisin bread/rolls has 194 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 roll/slice (14 slices per loaf)

Servings: 20

Amount per serving

Calories **194**

% Daily Value*

Total Fat 4.3g **6%**

Saturated Fat 1.3g **6%**

Cholesterol 37mg **12%**

Sodium 96mg **4%**

Total Carbohydrate 36.4g **13%**

Dietary Fiber 5.2g **18%**

Total Sugars 10.8g

Protein 4.9g

Vitamin D 4mcg **18%**

Calcium 145mg **11%**

Iron 4mg **24%**

Potassium 133mg **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:

- 2 cups sourdough starter
- 3 cups bread flour
- 1/2 cup milk
- 1/4 cup olive oil
- 1/2 cup craisins
- 2 tsp rosemary
- 2 tbsp honey
- 2 eggs