

Recipe Analyzer Results

A single serving of rosemary cranberry sourdough bread has 192 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: 14

Amount per serving

Calories **192**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 0.9g **5%**

Cholesterol 27mg **9%**

Sodium 229mg **10%**

Total Carbohydrate 31.5g **11%**

Dietary Fiber 1.4g **5%**

Total Sugars 5.8g

Protein 4.7g

Vitamin D 6mcg **30%**

Calcium 19mg **1%**

Iron 1mg **8%**

Potassium 53mg **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:

- 3 cups flour
- 1/2 cup whole milk
- 1/4 cup olive oil
- 1/2 cup raisins
- 1 tsp salt
- 1 tbsp sugar
- 2 large eggs
- 1 Sourdough

