



## Recipe Analyzer Results

**A single serving of garden start has 238 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

Servings: 1

Amount per serving

**Calories 238**

% Daily Value\*

**Total Fat** 8.5g **11%**

Saturated Fat 3.9g **20%**

**Cholesterol** 176mg **59%**

**Sodium** 475mg **21%**

**Total Carbohydrate** 27.8g **10%**

Dietary Fiber 2.7g **10%**

Total Sugars 3.8g

**Protein** 13.3g

Vitamin D 15mcg 77%

Calcium 203mg 16%

Iron 4mg 20%

Potassium 281mg 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*

### Ingredients:

- 1 egg
- 1 english  
muffin
- 1 tomatoes
- feta cheese
- g spinach