

Recipe Analyzer Results

A single serving of almond bread has 70 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 slice

Servings: 10

Amount per serving

Calories **70**

% Daily Value*

Total Fat 5.2g **7%**

Saturated Fat 0.8g **4%**

Cholesterol 65mg **22%**

Sodium 42mg **2%**

Total Carbohydrate 2.7g **1%**

Dietary Fiber 0.8g **3%**

Total Sugars 1.6g

Protein 4g

Vitamin D 6mcg **31%**

Calcium 51mg **4%**

Iron 0mg **3%**

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:

- 6 tbsp almond spread
- 1 1/2 tsp baking powder
- eggs
- 1 tbsp date syrup
- 1 pinch salt
- 1 walnuts