

Recipe Calorie and Nutrition Calculator

Unlock the secrets of your recipes with our free recipe nutrition analyzer. Simply paste the ingredients of your dish, and our tool will quickly provide a comprehensive breakdown of calories, fats, proteins, and more.

[Analyze Now](#)


Recipe Analyzer

Getting started is simple: Paste the complete list of ingredients from your recipe into the field below, click the number of servings, and analyze the recipe.

Recipe ingredients

3 cup Sunflower Seeds
2 cup Walnuts
32 oz Oats
1 cup Canola Oil
1/2 cup Brown Sugar
1 tbsp Syrup, Maple
1 tbsp Cinnamon
1 tbsp Nutmeg

Number of Servings

☒ Calculate serving size

Serving Size Information

Total Weight: 2845g Weight per Serving: 47g

Ingredient Breakdown:

Flax Seed: 240g
Cashews: 720g
Almonds: 480g
Pumpkin Seeds: 480g
Sesame Seeds: 480g
Sunflower Seeds: 720g
Walnuts: 480g

How to:

1. Enter your ingredients one per line
2. Click on 'Analyze Recipe'
3. Get your nutrition facts label

Nutmeg: 15g

Analyze Recipe

Ingredients

☒ grid ☐ list

Servings: 60

☒ metric ☐ US



Quickview

256 Calories

8g Protein

17g Total Fat

19g Carbs

Limit These

[illegible]

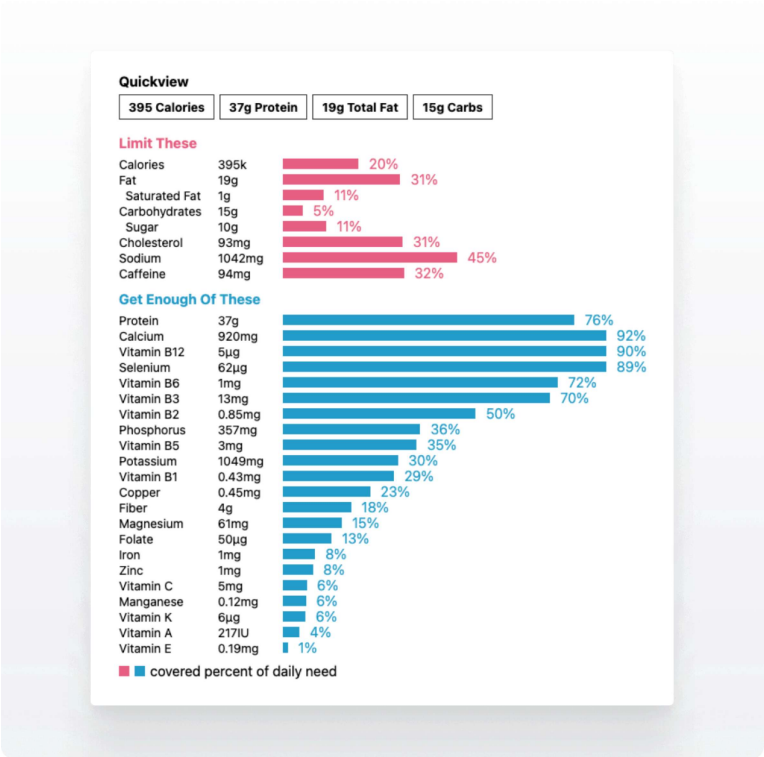
Get Enough Of These

Protein	8g	16%	
Manganese	1mg		68%
Copper	0.7mg		35%
Magnesium	122mg		31%
Vitamin E	3mg		26%
Phosphorus	257mg		26%
Vitamin B1	0.31mg		21%
Fiber	4g		19%
Selenium	12µg		18%
Iron	2mg		16%
Zinc	2mg		15%
Vitamin B6	0.22mg		11%
Calcium	92mg		9%
Folate	36µg		9%
Vitamin B2	0.14mg		8%
Potassium	260mg		7%
Vitamin B3	1mg		7%
Vitamin B5	0.39mg		4%
Vitamin K	3µg		3%

covered percent of daily need

Maximize Your Health with Our Free Recipe Nutrition Calculator

Our recipe analyzer provides a comprehensive nutritional breakdown for any recipe, from your family favorite dishes you're eager to try. With just a simple paste of ingredients, you'll gain insights into the calorie content and detailed nutrition facts, helping you make informed choices.

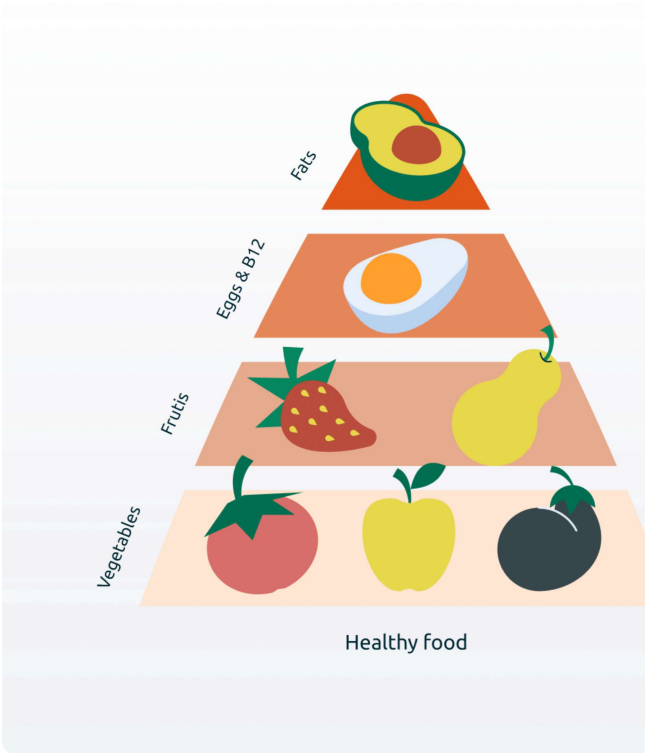


Accurate and Trustworthy Nutrition Information

Leverage reliable data aligned with USDA guidelines you're getting precise and actionable nutritional information. Our tool allows you to understand the nutritional information in every ingredient, helping you adapt recipes for better outcomes.

Enhance Your Recipes for Better Nutrition

Explore how modifying ingredients can improve the nutritional value of your dishes. Whether you aim to reduce calories, increase protein intake, or adjust carbohydrate levels, our recipe nutrition facts calculator empowers you with the knowledge to tweak your recipes for maximum nutritional benefit.





Smart Decisions with Easy Compar

Compare nutritional data across different recipes to find the best options for your health goals. Our free tool is simple to analyze variations of a dish with different ingredients, giving you the power to make smarter, food choices.

Add Nutrition Facts to Your Recipe Website

With the Recipe Card Blocks plugin, you can easily create recipes and add all the relevant information about the ingredients' nutritional value.

[View Pricing](#)

[Live Demo](#)

More than 100k downloads

★★★★★ 5 star rating

Current version: 5.6.16
Updated: April 3, 2025

Product

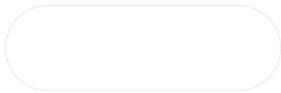
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