

Heritage on the Marina Granola

Findings by Theo Armour ~ 2025-05-07

Ingredients

- 1 cup Flax Seed
- 3 cup Cashews
- 2 cup Almonds
- 2 cup Pumpkin Seeds
- 2 cup Sesame Seeds
- 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

Yield

60 2oz servings

RecipeCard ~ <https://recipecard.io/recipe-nutrition-analyzer/>

- 256 Calories
- 8g Protein
- 17g Total Fat
- 19g Carbs
- 4g Fiber

Happy Forks ~

<https://happyforks.com/analyzer/result>

- 259 Calories
- 8.9g Protein
- 20.9g Total Fat
- 18.4g Carbs
- 4.8g Fiber

VeryWellFit ~ <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>

- 381 Calories
- 12g Protein

- 18g Total Fat
- 48g Carbs
- 9g Fiber

Perplexity ~

<https://www.perplexity.ai/search/nutrient-information-for-this-AbMzYYTUTaK3FgqkA5FQFQ?0=r>

- 169 Calories
- 4.4g Protein
- 12.5g Fat
- 11.2g Carbohydrates
- 2.5g Fiber