

Recipe Analyzer Results

A single serving of heritage on the marina granola has 381 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: 60

Amount per serving

Calories **381**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 2.7g **13%**

Cholesterol 0mg **0%**

Sodium 7mg **0%**

Total Carbohydrate 45.7g **17%**

Dietary Fiber 8.8g **32%**

Total Sugars 3.5g

Protein 12.2g

Vitamin D 0mcg **0%**

Calcium 101mg **8%**

Iron 5mg **26%**

Potassium 369mg **8%**

**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:

- 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