

Recipe Analyzer Results

A single serving of homemade granola has 224 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: 1/2 cup

Servings: 24

Amount per serving

Calories **224**

% Daily Value*

Total Fat 9.4g **12%**

Saturated Fat 1.3g **7%**

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 31.4g **11%**

Dietary Fiber 3.1g **11%**

Total Sugars 9g

Protein 4.4g

Ingredients:

- 6 cups rolled oats
- 2 cups whole wheat flour
- 1 cup pecans
- 1 teaspoon salt
- 1/2 cup ground flaxseed
- 3/4 cup olive oil
- 3/4 cup raw honey
- 1/2 cup water
- 2 teaspoons vanilla



Nutrition Facts

Serving size: 1/2 cup

Servings: 24

Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 2mg	12%
Potassium 115mg	2%

**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**