

Recipe Analyzer Results

A single serving of this recipe has 574 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: 10

Amount per serving

Calories 574

% Daily Value*

Total Fat 9.6g 12%

Saturated Fat 1.1g 5%

Cholesterol 0mg 0%

Sodium 211mg 9%

Total Carbohydrate 56.5g 21%

Dietary Fiber 7g 25%

Total Sugars 30g

Protein 65.3g

Vitamin D 0mcg 0%

Calcium 687mg 53%

Iron 4mg 20%

Ingredients:

- 250 ml (1 cup) steel cut oats
- 250 ml (1 cup) large flake oats
- 150 ml (2/3 cup) slivered almonds
- 75 ml (1/3 cup) wheat germ
- 60 ml (1/4 cup) flaxseed meal
- 45 ml (3 tbsp) pure maple syrup
- 15 ml (1 tbsp) vanilla
- 30 ml (2 tbsp) canola oil
- 1 l (4 cups) 0% fat plain or Greek yogurt
- 750 ml (3 cups) fresh berries

Potassium 1056mg

22%

Nutrition Facts

Servings: 10

**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**