Recipe nutrition calculation

Enter each ingredient’s grams used and nutrients per 100 g from a database. Totals divide by servings.

Ingredient	Grams used	kcal /100 g	Fat g /100 g	Carb g /100 g	Protein g /100 g	Sodium mg /100 g	kcal	Fat g	Carb g	Protein g	Sodium mg
Rolled oats	300	379	6.5	67.7	13.2	6	1137	19.5	203.1	39.6	18
Honey	100	304	0	82.4	0.3	4	304	0	82.4	0.3	4
Almonds	80	579	49.9	21.6	21.2	1	463	39.9	17.3	17	1
Total							**1904**	**59.4**	**302.8**	**56.9**	**23**

Servings	8
kcal per serving	238
Fat g per serving	7.4
Fat % DV	9

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