

Recipe Analyzer Results

A single serving of burt's bar has 255 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: 8

Amount per serving

Calories **255**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 4g **20%**

Cholesterol 23mg **8%**

Sodium 260mg **11%**

Total Carbohydrate 19.8g **7%**

Dietary Fiber 3.8g **14%**

Total Sugars 10g

Protein 25.4g

Vitamin D 1mcg **3%**

Calcium 63mg **5%**

Iron 2mg **9%**

Potassium 284mg **6%**

**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:

- 1/2 cup Rolled Oats
- 1 Banana
- Ground Cinnamon
- 1 teaspoon Vanilla Extract
- Peanut Butter
- 3/4 cup Plain Non-Fat Greek Yogurt
- 2 ounces Almond Milk
- 1/4 teaspoon Salt
- 1/2 teaspoon Baking Powder
- Protein Powder
- 4 tablespoons Collagen
- 1 tablespoon Honey
- 1 teaspoon Inulin
- 1 teaspoon Maca Powder
- 5 tablespoon Ghirardelli Dark Chocolate Melting Wafers
- 1/4 cup Blueberries
- 3 Dates
- 1/2 tablespoon Butter
- 1 tablespoon Vegetable Oil