



Looli

How To Use Our Nutrition Information



Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

We break down our recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!

Nutrition Info



Eggroll Tacos

			Calories	Fat	Protein	Carbs	Fiber	Cost
3	cup	coleslaw mix	50	0	2	10	4	0.872
1	tsp	sesame oil	40	5	0	0	0	0.110
1	tsp	vinegar	0	0	0	0	0	0.005
1	tsp	lime juice	0	0	0	0	0	0.015
4	oz	ground turkey	160	8	22	0	0	1.038
1	tbsp	soy sauce	5	0	1	1	0	0.052
0.25	tsp	onion powder	0	0	0	0	0	0.005
0.25	tsp	garlic powder	0	0	0	0	0	0.005
0.25	tsp	ginger	0	0	0	0	0	0.066
1	each	8" tortilla, whole wheat	110	2	4	22	5	0.326
2	tsp	hoisin sauce	30	0	0	6	0	0.246
1	tbsp	Green onion	1	0	0	0.2	0	0.005
0.125	cup	peanuts	80	7	3.5	3	1	0.081
			476	22	33	42.2	10	2.820

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.