

Looli

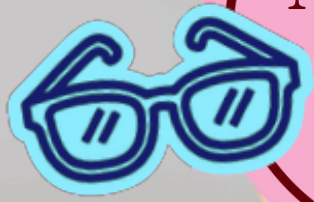
How To Use Our Nutrition Information



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



Hamburger Grilled Cheese

			Cal	Fat	Protein	Carbs	Fiber	Cost
4	oz	ground turkey	160	8	22	0	0	1.038
2	slice	bread, wheat	120	2	6	24	4	0.178
1	oz	cheddar cheese	110	8	6	0	0	0.25
1	tsp	worcestershire sauce	5	0	0	1	0	0.0189
0.25	cup	pickles, chopped	6	0	0	1	0.4	0.2158
0.125	each	red onion, medium	5	0	0	1	0	0
1	tbsp	ketchup	15	0	0	5	0	0
1	tsp	yellow mustard	5	0	0	0	0	0
0.33	tbsp	whipped mayo	13	1	0	1	0	0
0.5	cup	baby carrots	25	0	1	7	2	0
			464	19	35	39	7	2.27

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