

Looli

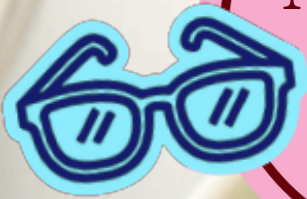
How To Use Our Nutrition Information



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



Protein-Packed Broccoli Salad

			Cal	Fat	Protein	Carb	Fiber	Cost
2	cup	broccoli, raw	62	0.6	5.2	12	4.8	0.62
0.5	cup	Greek Yogurt, Plain, non-fat	60	0	10.66	4	0	0.4732
1	tbsp	apple cider vinegar	0	0	0	0	0	0.0119
1	tbsp	raisins	27	0	0.3	7	0.3	0.07
3	oz	deli turkey slices	90	1.5	15	1.5	0	1.5
1	tsp	sugar	16	0	0	4	0	0.0062
1	tbsp	sunflower seeds	51	4.5	2	1	1	0.055
0.25	each	red onion, medium	10	0	0.33	2.5	0.5	0.312
0.66	each	Ramen noodle block	123	4.6	2.6	18	0	0.13
1	tsp	Dijon mustard	5	0	0	0	0	0.022
			444	11.2	36.09	50	6.6	3.2003

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