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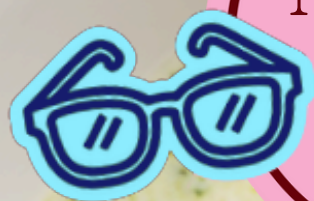
How To Use Our Nutrition Information



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

Broccoli Cheddar Soup
With Grilled Cheese
Croutons



			Cal	Fat	Protein	Carbs	Fiber	Cost
1	cup	broccoli, raw	31	0.3	2.6	6	2.4	0.31
0.5	cup	great northern beans	100	0	6	18	6	0.26
0.5	cup	matchstick carrots	25	0	0.5	6.5	2	0.49
1	cup	chicken bone broth	50	0	9	0	0	1.37
1	tsp	dijon mustard	5	0	0	0	0	0.02
1	oz	cheddar cheese	110	8	6	0	0	0.25
0.25	cup	cottage cheese, low fat	45	0.5	6.5	2.5	0	1.03
0.25	each	onion	10	0	0.33	3	0.33	0.25
0.52	tsp	garlic powder	2.5	0	0	0.5	0	0.04
0.5	tsp	olive oil	20	2.5	0	0	0	0.05
1	slice	whole wheat bread	60	1	3	12	2	0.09
			458.5	12.3	33.93	48.5	12.73	4.12

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