



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



Cheesy Quiche Muffins & Grapes

			Cal	Fat	Pro	Carb	Fiber	Cost
1	each	<u>Whole Wheat Tortilla, ~8"</u>	110	2	4	22	5	0.326
2	each	egg, large	140	10	12	2	0	0.5
1	tsp	cornstarch	10	0	0	2.3	0	0.0116
0.5	cup	<u>cottage cheese, low fat</u>	90	1	13	5	0	0.515
0.5	oz	cheddar cheese	55	4	3	0	0	0.125
0.5	cup	grapes	52	0.1	0.55	13.5	0.7	0.59
			457	17	33	45	6	2.07

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