

The background of the entire page is a photograph of a healthy meal. On the left, there are several large, square, golden-brown crackers with a speckled texture. Next to them is a large head of fresh green lettuce. In the center and right, there is a bowl filled with a tuna salad, which includes chunks of light-colored tuna, yellow corn kernels, green peas, and small pieces of red onion. A gold-colored spoon is visible on the right side of the bowl.

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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

Matthew McConaughey Tuna Salad



			Cal	Fat	Protein	Carbs	Fiber	Cost
0.25	cup	Greek Yogurt, Plain, non-fat	30	0	5.33	2	0	0.23
1	tsp	yellow mustard	5	0	0	0	0	0.02
1	tsp	apple cider vinegar	0	0	0	0	0	0.01
1	tsp	lemon juice	0	0	0	0	0	0.02
1	can	tuna, in water	110	1	23	1	0	0.88
1	each	egg, large	70	5	6	1	0	0.25
0.5	each	celery stalks	3.5	0	0.25	1	0.5	0.1
0.25	each	red onion, medium	10	0	0.33	2.5	0.5	0.3
0.25	cup	pickles, chopped	3	0	0	0.5	0.2	0.11
0.25	each	apple, medium	23.75	0.075	0.125	6.25	1	0.11
1	tbsp	crispy jalapenos	40	3	0	3	0	0.18
0.25	cup	corn, frozen	26.25	0.15	1.125	6.75	0.75	0.09
0.25	cup	peas, frozen	35	0	2	6	2.5	0.125
0.5	oz	crackers, wheat	70	2.5	1	11	1.5	0.15
2	each	romaine heart leaves	10	0	0.6	2	1	0.3
			436.5	11.725	39.76	43	7.95	2.9

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