

Looli

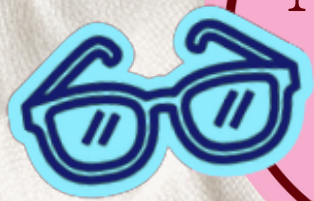
How To Use Our Nutrition Information



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



One Pan Turkey Fried Rice

			Cal	Fat	Protein	Carbs	Fiber	Cost
0.66	cup	water	0	0	0	0	0	0
0.125	cup	rice, dry	80	0	3	18	1	0.08
0.66	cup	cauliflower rice	20	0	2	4	2	0.44
0.5	cup	frozen mixed veggies	50	0	2	11	3	0.37
1	tsp	olive oil	40	5	0	0	0	0
4	oz	ground turkey	160	8	22	0	0	1.03
0.5	tsp	onion powder	0	0	0	0	0	0.01
0.5	tsp	garlic	0	0	0	0	0	0.01
1	each	egg, large	70	5	6	1	0	0.25
1	tbsp	soy sauce	5	0	1	1	0	0.05
1	tbsp	green onions	1	0	0	0.2	0	0
			426	18	36	35.2	6	2.3

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