

# Looli

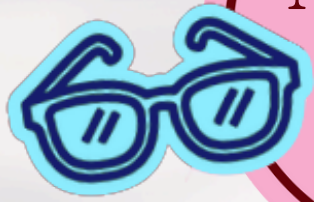
## How To Use Our Nutrition Information



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

Onion Soup Meatloaf  
With Parmesan Carrots



			Cal	Fat	Protein	Carbs	Fiber	Cost
4	oz	ground turkey	160	8	22	0	0	1.03
1	tsp	worcestershire sauce	5	0	0	1	0	0.02
1	tbsp	onion soup mix	20	0	0	5	0	0.15
1	each	egg, large	70	5	6	1	0	0.25
0.25	cup	quick oats	75	1.5	2.5	13.5	2	0.07
1	cup	baby carrots	50	0	1	13	4	0.67
1	tsp	butter	33.3	4	0	0	0	0.04
1	tbsp	parmesan cheese	30	2.75	3.5	0	0	0.1
			<b>443.3</b>	<b>21.25</b>	<b>35</b>	<b>33.5</b>	<b>6</b>	<b>2.32</b>

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