

A bowl of yellow soup with bread and herbs. The soup is garnished with fresh green herbs and small red pieces. A slice of golden-brown bread is on the left side of the bowl.

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

Pumpkin Turkey Soup
+ Grilled Cheese



			Cal	Fat	Protein	Carbs	Fiber	Cost
0.5	cup	pumpkin	40	0	1	10	3	0.56
0.25	cup	cottage cheese, low fat	45	0.5	7.5	2.5	0	0.25
0.25	cup	great northern beans	50	0	3	9	3	0.13
1	tsp	onion powder	0	0	0	0	0	0.02
1	tsp	garlic powder	0	0	0	0	0	0.02
2	oz	ground turkey	80	4	11	0	0	0.51
0.5	cup	chicken broth	5	0	1	0	0	0.22
2	slice	bread, wheat	120	2	6	24	4	0.17
1	oz	cheddar cheese	110	8	6	0	0	0.25
0.33	tbsp	whipped mayo	13	1	0	1	0	0.02
			463.3	15.7	35.5	46.2	10	2.2

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