

# Looli

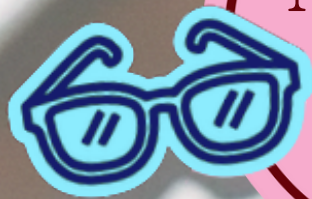
## How To Use Our Nutrition Information



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



# 15 Minute Orange Chicken

			Cal	Fat	Protein	Carbs	Fiber	Cost
4	oz	Chicken	140	3	25	0	0	0.42
1	tbsp	BBQ Sauce	35	0	0	9	0	0.04
1	tbsp	Orange Marmalade	50	0	0	12	0	0.09
1	cup	Cauliflower Rice	30	0	3	6	3	0.67
0.125	cup	Rice	80	0	1.5	18	0.5	0.04
1	cup	Broccoli	31	0.3	2.6	6	2.4	0.31
1	tsp	Olive Oil	40	5	0	0	0	0.06
0.5	cup	Chicken Broth	5	0	1	0	0	0.22
			<b>411</b>	<b>8.3</b>	<b>33.1</b>	<b>51</b>	<b>5.9</b>	<b>1.88</b>

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