



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

BBQ Pork Loaded Sweet Potato + Carrot Fries



			Calories	Fat	Protein	Carbs	Fiber	Cost
4	oz	pork tenderloin	140	4	22	3	0	1
0.5	each	sweet potato, small	51.5	0	1	12	2	0.12
1	each	large carrot	30	0	0.7	7	2	0.44
1	tsp	olive oil	40	5	0	0	0	0.07
1.5	cup	coleslaw mix	25	0	1	5	2	0.44
0.25	cup	plain non-fat greek yogurt	30	0	5.33	2	0	0.24
1	tsp	sugar	16	0	0	4	0	0.01
1	tbsp	apple cider vinegar	0	0	0	0	0	0
0.5	oz	white cheddar cheese	55	4	3	0	0	0.13
2	tbsp	bbq sauce	70	0	0	18	0	0.09
1	tbsp	green onions	1	0	0	0.2	0	0
			458.5	13	33.03	51.2	6	2.52

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