

# Looli

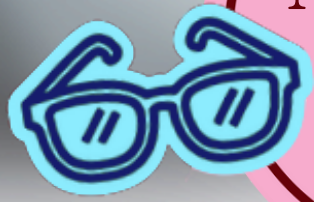
## How To Use Our Nutrition Information



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

## Chocolate Gingerbread Pancake Bowl



			Cal	Fat	Protein	Carbs	Fiber	Cost
0.25	cup	protein pancake mix	110	1.75	7.5	18.5	2.5	0.32
11.5	oz	protein shake	160	3	30	3	0	1.6
1	each	large egg	70	5	6	1	0	0.25
1	tbsp	unsweetened cocoa powder	10	0.5	0	3	2	0.07
0.5	tsp	ground ginger	0	0	0	0	0	0.13
0.25	tsp	cinnamon	1.5	0	0.05	0.02	0	0.01
0.25	tsp	nutmeg	0	0	0	0	0	0.02
0.5	tsp	molasses	10	0	0	2.5	0	0.03
2	tbsp	whipped cream cheese	50	4.5	1	2	0	0.2
1	each	medjool date	55	0	0.5	16.5	1.5	0.13
			<b>466.5</b>	<b>14.75</b>	<b>45.05</b>	<b>46.52</b>	<b>6</b>	<b>2.79</b>

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