

# 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

Honey Mustard Chicken,  
Green Beans + Sweet  
Potato



			Cal	Fat	Protein	Carbs	Fiber	Cost
1	tsp	butter	33	4	0	0	0	0.12
1	cup	green beans	33.25	0	2.66	9.31	2.66	0.66
4	oz	chicken	140	3	25	0	0	0.49
1	tsp	honey	21	0	0	6	0	0.09
1	tsp	yellow mustard	5	0	0	0	0	0.02
0.25	cup	plain non-fat greek yogurt	30	0	5.33	2	0	0.23
1	each	sweet potato, small	103	0	2	24	4	0.23
			<b>365.25</b>	<b>7</b>	<b>34.99</b>	<b>41.31</b>	<b>6.66</b>	<b>1.79</b>

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