



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

Open Faced Hot Honey Tuna Melt



			Cal	Fat	Protein	Carbs	Fiber	Cost
1	can	tuna	100	1	24	0	0	0.96
1	tbsp	whipped mayo	40	3.5	0	2	0	0.05
2	tsp	hot honey	40	0	0	11.32	0	0.2
2	slice	whole wheat bread	120	2	6	24	4	0.17
1	each	roma tomato	18	0	1	5	1	0.21
1	oz	cheddar cheese	110	8	6	0	0	0.25
			428	14.5	37	42.32	5	1.85

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