A top-down view of a white ceramic plate with a gold rim. The plate contains a meal consisting of white rice, a piece of pan-fried fish, and sautéed vegetables including zucchini and tomatoes. A dark red oval with a white border is centered over the top half of the plate, containing the title text. A yellow apple icon is positioned in the top right corner of the oval.

Looli

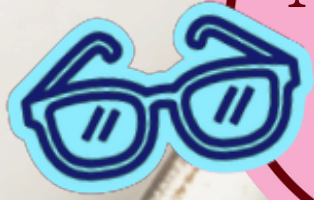
How To Use Our Nutrition Information



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



Zucchini Turkey Meatballs with Couscous

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	Zucchini	33	1	2.4	6	2	1.02
4	oz	Ground Turkey	160	8	22	0	0	1.04
1	tsp	Worcestershire Sauce	5	0	0	1	0	0.02
0.5	tsp	Garlic Powder	2.5	0	0	0.5	0	0.02
1	tsp	Onion Powder	0	0	0	0	0	0.02
0.5	cup	Cherry Tomatoes	27	0.3	1.3	6	2	0.86
1	tsp	Olive Oil	40	5	0	0	0	0.07
1	tbsp	Parmesan Cheese	30	2.75	3.5	0	0	0.11
0.25	cup	Couscous, Dry	163	0.28	5.5	33	2	0.87
			460.5	17.33	34.7	46.5	6	4.02

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