

Looli

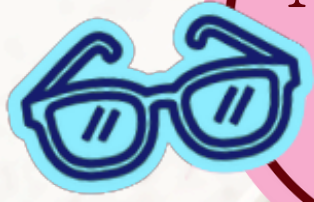
How To Use Our Nutrition Information



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 Pulled Pork Cauliflower Mac

			Cal	Fat	Protein	Carbs	Fiber	Cost
0.25	cup	Cottage Cheese	45	0.5	6.5	2.5	0	0.2575
0.25	tsp	Onion Powder	0	0	0	0	0	0.00525
0.25	tsp	Garlic Powder	0	0	0	0	0	0.00525
0.125	tsp	Paprika	0	0	0	0	0	0.00262
1	oz	Whole Wheat Noodles	100	0.5	3.5	19	2	0.103
4	oz	Pork Tenderloin	140	4	22	3	0	0.996
1	tbsp	BBQ Sauce	35	0	0	9	0	0.045
1.5	cup	Cauliflower	40.5	0.45	3.15	7.5	3	0.885
1	oz	Cheddar Cheese	110	8	6	0	0	0.25
			470.5	13.45	41.15	41	5	2.54

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