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

Super Creamy Cottage Cheese Egg Salad

			Cal	Fat	Protein	Carbs	Fiber	Cost
2	each	Egg	140	10	12	2	0	0.5
0.75	cup	Low Fat Cottage Cheese	135	1.5	19.5	7.5	0	0.77
1	tsp	Yellow Mustard	5	0	0	0	0	0.02
0.5	tsp	Onion Powder	0	0	0	0	0	0.01
0.5	tsp	Garlic Powder	0	0	0	0	0	0.01
0.25	cup	Pickles	6	0	0	1	0.4	0.28
0.125	each	Red Onion	5	0	0.15	1.75	0.25	0.15
0.5	tsp	Dill	0	0	0	0	0	0.04
0.5	oz	Wheat Crackers	70	2.5	1	11	1.5	0.15
1	cup	Baby Carrots	50	0	1	13	4	0.65
			411	**14**	**33.65**	**36.25**	**6.15**	**2.55**

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