



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!

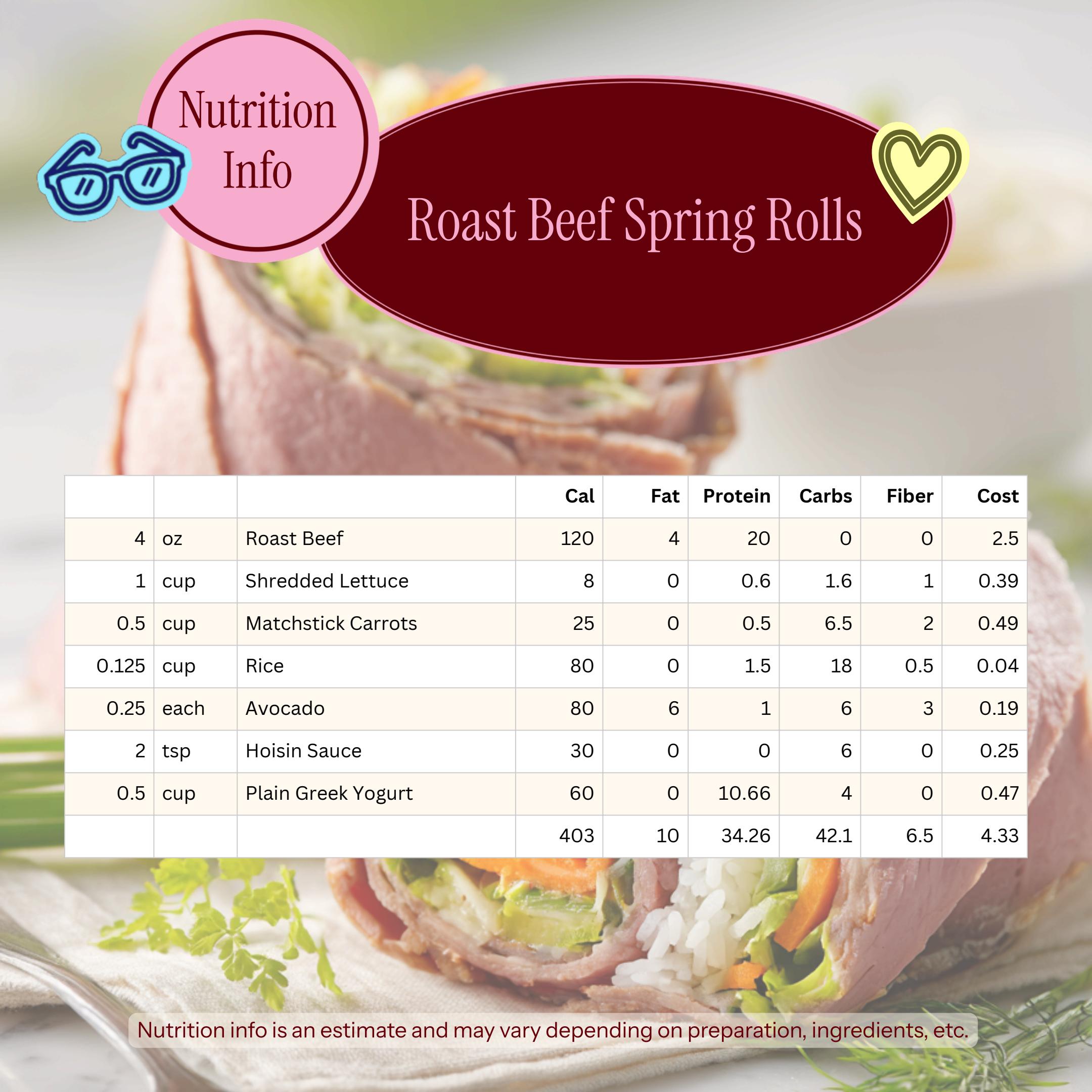


Nutrition Info

Roast Beef Spring Rolls



			Cal	Fat	Protein	Carbs	Fiber	Cost
4	oz	Roast Beef	120	4	20	0	0	2.5
1	cup	Shredded Lettuce	8	0	0.6	1.6	1	0.39
0.5	cup	Matchstick Carrots	25	0	0.5	6.5	2	0.49
0.125	cup	Rice	80	0	1.5	18	0.5	0.04
0.25	each	Avocado	80	6	1	6	3	0.19
2	tsp	Hoisin Sauce	30	0	0	6	0	0.25
0.5	cup	Plain Greek Yogurt	60	0	10.66	4	0	0.47
			403	10	34.26	42.1	6.5	4.33



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