

# 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



# Carrot Cake Power Muffins

			<b>Cal</b>	<b>Fat</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Cost</b>
0.25	cup	Kodiak Cakes Pancake Mix	110	1.75	7.5	18.5	2.5	0.32
2	oz	Protein Shake	27.84	0.52	5.22	0.87	0.52	0.28
1	each	egg	70	5	6	1	0	0.25
0.5	each	Carrot	15	0	0.35	3.5	1	0.22
1	tsp	Maple Syrup	17	0	0	4	0	0.08
1	tsp	Vanilla Extract	12	0	0	1	0	0.46
0.25	tsp	Cinnamon	3	0	0.1	0.4	1	0.03
0.66	tsp	Nutmeg	0	0	0	0	0	0.03
		Per 3 muffins (1 serving)	246.59	7.272	19.095	28.39	4.022	1.4
		Per 1 muffin	82.20	2.42	6.37	9.46	1.34	0.47

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