

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



Chicken Caesar Wrap

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	Whole Wheat Tortilla, ~8"	110	2	4	22	5	0.326
4	oz	Chicken	140	3	25	0	0	0.429
1	tbsp	Parmesan Cheese	30	2.75	3.5	0	0	0.108
1	cup	Shredded Lettuce	8	0	0.6	1.6	1	0.39
2	tbsp	Caesar Dressing	120	12	0	2	0	0.12
1	cup	Baby Carrots	50	0	1	13	4	0.675
			458	19.75	34.1	38.6	10	2.048

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