**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

# Corned Beef Cabbage

| | | | Cal | Fat | Protein | Carbs | Fiber | Cost |
|---|---|---|---|---|---|---|---|---|
| 6 | oz | Corned Beef | 195 | 21 | 21 | 0 | 0 | 2.055 |
| 0.25 | each | Onion | 10 | 0 | 0.33 | 3 | 0.33 | 0.25 |
| 1 | tsp | Minced Garlic | 5 | 0 | 0 | 1 | 0 | 0.048 |
| 0.25 | cup | Beef Broth | 2.5 | 0 | 0.5 | 0 | 0 | 0.113 |
| 1 | each | Large Carrot | 30 | 0 | 0.7 | 7 | 2 | 0.44 |
| 0.25 | head | Cabbage | 54 | 0.27 | 3.2 | 12.6 | 5.2 | 0.812 |
| 0.5 | each | Russet Potato | 67 | 0 | 2 | 15.5 | 1 | 0.081 |
| 0.25 | cup | Plain Greek Yogurt | 30 | 0 | 5.33 | 2 | 0 | 0.2366 |
| 1 | tsp | Dijon Mustard | 5 | 0 | 0 | 0 | 0 | 0.022 |
| 1 | tsp | Apple Cider Vinegar | 0 | 0 | 0 | 0 | 0 | 0 |
| | | | **398.5** | **21.27** | **33.06** | **41.1** | **8.53** | **4.061** |

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