

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



Rachel Sandwich

			Cal	Fat	Protein	Carbs	Fiber	Cost
1.5	cup	Coleslaw Mix	25	0	1	5	2	0.87
0.25	cup	Plain Greek Yogurt	30	0	5.33	2	0	0.2366
1	tsp	Sugar	16	0	0	4	0	0.234
1	tsp	Vinegar	0	0	0	0	0	0.005
2	slice	Whole Wheat Bread	12	2	6	24	4	0.178
3	oz	Turkey Deli Slices	90	1.5	15	1.5	0	1.5195
1	oz	Swiss Cheese	110	9	8	0	0	0.234
1	tbsp	Thousand Island Dressing	65	6	0	2	0	0.0725
1	tbsp	Whipped Mayo	40	3.5	0	2	0	0.055
3	each	Pickle Spear	15	0	0	4	1.2	0.75
			403	22	35.33	44.5	7.2	3.05

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