A top-down view of a light-colored ceramic bowl filled with a meal. The meal consists of several pieces of golden-brown fried chicken, a portion of white rice, and various vegetables including sliced cucumbers, green onions, and purple cabbage. A dark red oval graphic is overlaid on the top half of the bowl, containing the title and subtitle. A yellow apple icon is positioned to the right of the oval.

Looli

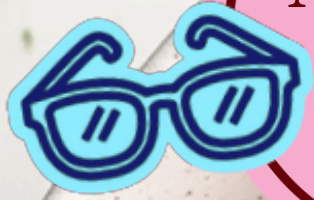
How To Use Our Nutrition Information



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



Sloppy Joe Bowls

			Cal	Fat	Protein	Carbs	Fiber	Cost
2	cup	Coleslaw Mix	33	0	1.32	6.6	2.64	0.57
0.5	cup	Greek Yogurt, Plain, non-fat	60	0	10.66	4	0	0.4732
1	tbsp	Apple Cider Vinegar	0	0	0	0	0	0
1	tsp	Sugar	16	0	0	4	0	0.01
4	oz	Ground Turkey	160	8	22	0	0	1.04
1	tbsp	Ketchup	15	0	0.2	5	0	0.04
1	tsp	Brown Sugar	16	0	0	4	0	0.01
1	tsp	Yellow Mustard	5	0	0	0	0	0.02
1	tsp	Worcestershire Sauce	5	0	0	1	0	0.02
1	each	Sweet Potato, small	103	0	2	24	4	0.24
1	tsp	Oil	40	5	0	0	0	0.07
0.25	cup	Pickles	6	0	0	1	0.4	0.22
			459	13	36.18	49.6	7.04	2.7

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