

Looli

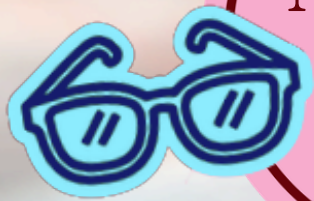
How To Use Our Nutrition Information



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!



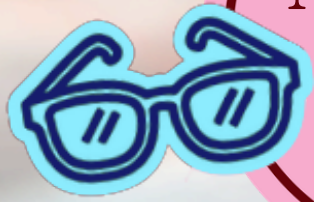
Nutrition Info



Tortilla Cinnamon Rolls

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	Whole Wheat Tortilla, ~8"	110	2	4	22	5	0.326
2	tbsp	Whipped Cream Cheese	50	4.5	1	2	0	0.206
0.5	tsp	Cinnamon	3	0	0.1	0.4	0	0.028
1	tsp	Sugar	16	0	0	4	0	0.0062
			179	6.5	5.1	28.4	5	0.5662

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



Nutrition Info



Tortilla Cinnamon Rolls

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	Whole Wheat Tortilla, ~8"	110	2	4	22	5	0.326
0.25	cup	Cottage Cheese, Low-Fat	45	0.5	6.5	2.5	0	0.2575
0.25	scoop	Vanilla Whey Protein Powder	30	0.5	6	0.75	0	0.6
0.5	tsp	Cinnamon	3	0	0.1	0.4	0	0.03
1	tsp	Sugar	16	0	0	4	0	0.01
			204	3	16.6	29.65	5	1.2527

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