

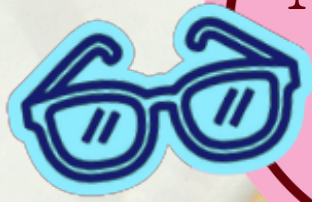
Looli

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



Burger Tacos

			Cal	Fat	Protein	Carbs	Fiber	Cost
1	each	Whole Wheat Tortilla, ~8"	110	2	4	22	5	0.33
4	oz	Ground Beef, 93/7	170	7	24	0	0	1.79
1	tsp	Worcestershire Sauce	5	0	0	1	0	0.02
1	tbsp	Whipped Mayo	40	3.5	0	2	0	0.06
1	tbsp	Ketchup	15	0	0.2	5	0	0.04
1	tsp	Yellow Mustard	5	0	0	0	0	0.02
0.25	cup	Pickles	6	0	0	1	0.4	0.22
0.5	oz	Cheddar Cheese	55	4	3	0	0	0.13
1	cup	Shredded Lettuce	8	0	0.6	1.6	1	0.39
0.25	each	Red Onion	10	0.05	0.325	2.35	0.45	0.31
0.5	each	Roma Tomato	9	0	0.5	2.5	0.5	0.11
			433	16.55	32.625	37.45	7.35	3.40

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