

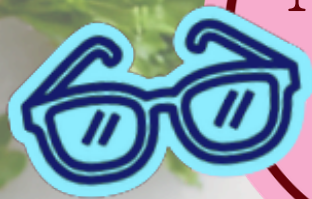
Looli

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



Crispy Onion Chicken Salad Toast

			Cal	Fat	Protein	Carbs	Fiber	Cost
2	slices	Whole Wheat Bread	120	2	6	24	4	0.178
0.25	cup	Plain Greek Yogurt	30	0	5.33	2	0	0.2366
4	oz	Chicken	140	3	25	0	0	0.429
1	tbsp	Onion Soup Mix	20	0	0	5	0	0.1225
3	tbsp	Fried Onions	80	6	0	8	0	0.245
1	cup	Baby Carrots	50	0	1	13	4	0.675
			440	11	37.33	52	8	1.8861

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