

Looli

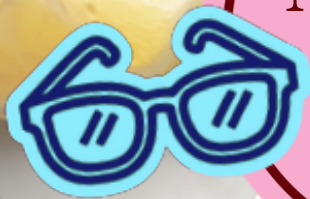
How To Use Our Nutrition Information

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



Gyro Bowls

			Cal	Fat	Protein	Carbs	Fibe	Cost
3	oz	Ground Beef, 93/7	127.50	5.25	18.00	0.00	0.00	1.34
0.25	tsp	Onion Powder	0.00	0.00	0.00	0.00	0.00	0.01
0.25	tsp	Garlic Powder	0.00	0.00	0.00	0.00	0.00	0.01
0.24	tsp	Oregano	0.00	0.00	0.00	0.00	0.00	0.01
0.125	tsp	Paprika	0.00	0.00	0.00	0.00	0.00	0.00
0.25	cup	Plain Greek Yogurt	30.00	0.00	5.33	2.00	0.00	0.24
0.5	each	Cucumber	8.50	0.25	0.95	3.00	1.00	0.36
1	tsp	Lemon Juice	0.00	0.00	0.00	0.00	0.00	0.02
1	tsp	Minced Garlic	5.00	0.00	0.00	1.00	0.00	0.05
0.5	tsp	Dill, Dried Or	0.00	0.00	0.00	0.00	0.00	0.05
0.25	cup	Rice	160.00	0.00	3.00	36.00	1.00	0.09
0.5	cup	Cherry Tomatoes	27.00	0.30	1.30	6.00	2.00	0.86
1	each	Red Onion	10.00	0.05	0.33	2.35	0.45	0.31
2	cup	Lettuce	16.00	0.00	1.20	3.20	2.00	0.78
2	tbsp	Feta Cheese	70.00	4.00	6.00	2.00	0.00	0.33
			454.00	9.85	36.11	55.55	6.45	4.44

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