

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Athenian Salmon with Roasted Fingerlings	520	41	23	40 CC 33	5	870	6	11	90% Vitamin C	80% Vitamin D
Lemon Chicken Milanese	585	61	17	47	4	743		14	32% Vitamin	13% Folate
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777		17	909% Vitamin A	130% Vitamin C
Honey-Soy Shrimp & Brussels with Fried Rice	650	44	11	100	8	2400	40	15	270% Vitamin C	50% Iron
Couscous Chicken	595	61	25	32	5	549	4	14	204% Vitamin A	20% Vitamin B-6
Cheesy Tomatillo Casserole	330	13	6	60	13	281		10	14% Zinc	20% Iron
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	40	25	181% Calcium	32% Vitamin A
(Use 3/4 of the sauce, and only 2 bao buns)	590		32					18		
Steak with Jalapeno-Lime-Butter and Cornbread	660	38	34	53 CC 23	4	800	9	19	76% Vitamin A	283% Vitamin C
Toasted Gnocchi with Mint-Basil Pesto	660	28	16	99	10	780	16	20	253% Vitamin A	83% Vitamin C
(1/2 the pesto, almonds and cranberries)	530		9					15		
Mongolian Beef	660	42	11	99	6	2016	9	17	71% Vitamin B-12	57% Vitamin A
(use 1/2 the noodles)	515		4					14		

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French Onion Soup	280	19	13	24	6	369	12	6	112% Vitamin C 54% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium 2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C 6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium 6% Iron
Rockslide Brownie	550	5	35	56	2	230		31	25% Vitamin A 8% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170		9	2% Calcium 4% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium 4% Vitamin A

**Below some of the recipes you will see Lighten Up Options. Those meals can easily be prepared without all of the calorie-dense ingredients and still keep their magic.**

*These are our best estimates for a single serving based on the recipes as written. The actual nutritional information may vary a bit.*

*And, of course, if you have leftovers, the actual numbers will be lower.*