

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Korean Vegetable Pajeon	280	14	7	42	9	432	4	115% Vitamin A	190% Vitamin C	29% Folate
Deconstructed Grilled Chicken Kabobs	669	71	20	55 CC 14	7	915	12	328% Vitamin A	185% Vitamin C	50% Calcium
(use 1/2 the naan)	519		15				7			
Upside-Down Asparagus Quiche	840	30	57	47	4	420	26	58% Calcium	34% Vitamin A	24% Vitamin C
(half the pie crust)	620		42				19			
BBQ Brisket on Brioche	695	35	35	61	5	2268	11	71% Vitamin A	209% Vitamin C	8% Calcium
(open face with half the slaw)	600		32				8			
Mongolian Beef	660	42	11	99	6	2016	17	71% Vitamin B12	57% Vitamin A	27% Iron
(use 1/2 the noodles)	515		4				14			
Balsamic Glazed Chicken Caprese Pasta	615	64	23	40 CC 17	5	249	15	67% Vitamin C	25% Vitamin A	2% Vitamin B-6
Tilapia with Adobo Spices	541	48	23	41 CC 27	7	571	12	94% Vitmain A	285% Vitmain C	25% Folate
Vegetable Korma	485	13	21	76	12	830	21	215% Vitamin A	32% Vitamin B6	384% Vitamin C
Basil Shrimp with Baked Spaghetti	575	47	14	66 CC 29	6	1388	11	381% Vitamin C	40% Vitamin A	33% Calcium

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Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772	19	298% Vitamin A	133% Vitamin C	99% Folate
Aztec Salad with Creamy Chipotle Dressing	635	17	38	44	18	687	20	36% Vitamin B-6	165% Vitamin A	2% Vitamin B-12
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron

**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.*