

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Seafood Moqueca	840	39	51	60 CC 27	5	320	23	46% Vitamin D	37% Iron	30% Potassium
(use 2/3 rice, sauce, & butter)	660		38				16			
Chicken Shawarma	560	18	33	54	7	681	17	83% Vitamin A	331% Vitamin C	20% Calcium
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	29	123% Vitamin C	84% Vitamin A	67% Calcium
(½ the cheese, sauce and salsa)	656		14				21			
Roasted Brussels Sprouts Tacos with Sriracha Aioli	425	18	14	61	8	358	12	242% Vitamin C	28% Vitamin A	
Mae Ploy Chicken	760	67	17	88	8	1627	22	13% Vitamin A	37% Vitamin C	6% Calcium
½ the rice and sauce	600		17				15			
Florentine Ravioli Nudi	635	46	36	40	9	1922	16	266% Vitamin A	66% Vitamin C	124% Calcium
Steak & Black Bean Burrito										
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	19	292% Vitamin C	67% Calcium	62% Vitamin A
Creamy Parmesan and Artichoke Shrimp	635	41	16	69	7	571	18	57% Vitamin A	24% Vitamin B-12	235% Vitamin C
(without the garlic bread)	490		13				13			

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Southern Sweet Corn & Cheddar Strata	470	29	21	44	6	707	15	42% Calcium	30% Vitamin A	20% Vitamin B-6
Meat Lovers Chili										
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium

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.