

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chipotle Chicken Tostada with Cheesy Refried Beans	640	62	19	53 CC 39	12	920	10	13% Vitamin A	38% Vitamin B12	107% Vitamin B6
Shells with Basil Pesto	500	19	26	50	8	371	17	70% Vitamin A	42% Folate	36% Calcium
Fiesta Steak Rice Bowl	455	38	14	45	6	173	12	33% Vitamin C	28% Iron	46% Vitamin A
Bacon Onion Swiss Burger	1270	56	74	93	6	2210	44	108% Calcium	185% Vitamin B12	55% Vitamin B6
Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	840		51				28			
Roasted Vegetables with Asiago Vinaigrette	600	17	32	68	12	518	19	556% Vitamin C	16% Calcium	112% Vitamin A
Hummus Platter with Shrimp & Grilled Romaine	520	36	28	40	16	750	10	256% Vitamin A	232% Vitamin C	22% Calcium
Tahitian Chicken Paella	645	62	19	65	4	370	19	18% Vitamin B6	218% Vitamin C	3% Calcium
Farmers Market Ricotta Frittata	260	13	15	20	5	146	9	344% Vitamin C	73% Vitamin A	17% Calcium
Shanghai Orange Tilapia	603	58	13	68	4	812	9	70% Vitamin C	24% Vitamin A	18% Calcium
Korean Vegetable Pajeon	280	14	7	42	9	432	4	115% Vitamin A	190% Vitamin C	29% Folate

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Loaded Baked Sweet Potato Soup	720	20	37	77	9	1119	22	42% Calcium	29% Vitamin A	19% Vitamin C
Use ½ the sour cream, cheese, and no bread	520		27				15			
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% 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.*