

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Cauliflower Fried "Rice" with Chicken & Pea Pods	347	63	4	17	5	462	1	41% Vitamin A	316% Vitamin C	24% Iron
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)	655		14				21			
Buttermilk Salad with Nut-Crusted Chicken	720	68	31	54	11	200	19	44% Vitamin A	222% Vitamin C	22% Vitamin B-6
(Half dressing, date mix and nut crust)	500		17				11			
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310	12	223% Vitamin A	33% Vitamin C	16% Calcium
Red Pepper Arrabbiata Shrimp with Zucchini Noodles	197	26	2	18	5	437	1	140% Vitamin A	290% Vitamin C	28% Vitamin B12
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	19	115% Vitamin C	19% Iron	28% Vitamin A
(½ the butter and oil, and ¾ potatoes)	515		14				14			
Bistro Steak with Pesto Penne	555	45	25	40	7	387	16	72% Vitamin B12	25% Calcium	182% Vitamin A
Broccoli with Curried Couscous	600	18	30	78	9	425	23	212% Vitamin C	48% Vitamin A	29% Calcium
North African Taco	655	23	20	97	13	660	21	70% Vitamin C	563% Vitamin A	13% Calcium

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Shaved Brussels Sprout Salad	540	16	33	52	12	586	19	204% Vitamin C	45% Vitamin B-6	20% Calcium
Shrimp and Mushroom Pot Stickers	360	21	12	46	4	587	9	6% Vitamin C	29% Calcium	8% Vitamin A
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		
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% 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.*