

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chicken Paprikash with Egg Noodles	870	74	36	67	11	1035	21	108% Vitamin A	77% Vitamin C	47% Folate
(1/2 the sauce & 1/2 the noodles)	630		20				11			
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Gyros Mini Tacos	665	55	21	59	9	991	17	63% Vitamin C	21% Vitamin A	24% Calcium
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18				15			
Himalayan Red Rice with Bangkok Basil Crunch	600	29	35	49	10	1444	19	316% Vitamin A	30% Calcium	22% Folate
Italian Toasted Gnocchi	453	20	5	82	10	486	11	81% Vitamin C	201% Vitamin A	16% Calcium
( 1/2 the soup and 1/2 the cheese)	580		26				19			
Mexican Steak Taco Bowl	325	38	14	45	6	173	12	33% Vitamin C	28% Iron	46% Vitamin A
Southern Sweet Corn & Cheddar Strata	470	29	21	44	6	707	15	42% Calcium	30% Vitamin A	20% Vitamin B-6
Buffalo Chicken Pita	820	86	32	50	5	786	19	113% Vitamin C	67% Calcium	81% Vitamin A
(use 1/2 the pita and 1/2 the cheeses)	620		12				12			
Sweet Potato, Mushroom & Spinach Baeckeoff	343	9	19	28	5	611	13	352% Vitamin A	85% Vitamin C	21% Calcium

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Creamy Parmesan and Artichoke Shrimp (without the garlic bread)	635	41	16	69	7	571	18	57% Vitamin A	24% Vitamin B-12	235% Vitamin C
Southwestern Tortilla Stew	615	23	16	97	16	1268	20	125% Vitamin C	47% Calcium	693% 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		
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Big Oatmeal Raisin Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% 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.*