

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Dijon Steak Sliders	600	40	15	78	8	426	20	78% Vitamin A	75% Vitamin C	71% Vitamin B12
Chicken Satay Noodle Bowl	575	69	19	39	9	458	13	79% Vitamin C	14% Vitamin B-6	159% Vitamin A
Crisp Salmon with Olive Tapenade	635	26	39	52 CC 18	6	1208	19	182% Vitamin C	22% Vitamin B-6	
Aioli Shrimp with Asian Veggies	550	37	19	62	7	530	16	153% Vitamin A	39% Vitamin C	23% Iron
Chiles En Nogada	735	10	50	70	20	75	28	71% Vitamin A	245% Vitamin C	48% Calcium
(¾ of the sauce and glaze)	585		39				22			
Roasted Brussels Sprouts Tacos with Sriracha Aioli	425	18	14	61	8	358	12	242% Vitamin C	28% Vitamin A	
Shepherd's Pie	915	30	50	93	10	852	22	202% Vitamin A	33% Vitamin C	17% Calcium
(half the portion size)	460		25				11			
Chicken Pesto Pizza	800	76	31	58	7	1755	21	75% Vitamin C	42% Vitamin A	42% Calcium
(½ the mozzarella cheese and pesto)	650		18				16			
Greek Briam	310	10	17	41	11	1198	5	200% Vitamin C	67% Vitamin A	33% Calcium

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Maple Glaze Toasted Gnocchi (½ cheese, and nuts)	820	22	33	118	13	613	27	237% Vitamin A	62% Vitamin C	24% Calcium
Tuscan Cabbage and Kale Soup	150	8	1	28	8	796	1	117% Vitamin A	40% Vitamin C	10% Calcium
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
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.