

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Country Chicken & Biscuits	694	75	26	42	5	1078		35% Vitamin D	30% Calcium	20% Iron
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes (2/3 of the finished potatoes)	978	45	59	70	7	2071	32	491% Vitamin A	79% Vitamin C	76% Vitamin B12
	694		35				20			
Ginger-Soy Aioli Rice Bowl	405	14	12	60	10	310	12	223% Vitamin A	33% Vitamin C	16% Calcium
Shrimp Pasta with Lobster Bisque Sauce Use 2/3 egg noodles and sauce	810	49	43	58 CC 25	6	819	24	89% Vitamin A	46% Vitamin C	76% Folate
	598		29				20			
Wasabi Salmon	600	46	30	37	6	265	16	31% Vitamin A	51% Vitamin C	15% Vitamin B-6
Poblano Pepper Empanadas (½ pie crust, cheese and sauce)	325	30	62	103	13	1053	36	186% Vitamin A	134% Vitamin C	46% Calcium
	730		38		25					
Brazilian Farro with Roasted Pineapple ½ the sauce and a sprinkle of seeds	770	11	43	90	11	136	26	100% Vitamin C	48% Vitamin B-6	
	500		15				16			
Mediterranean Flatbread (½ cheese, ½ date glaze)	900	22	61	71	9	1369	32	285% Vitamin A	11% Vitamin B-12	43% Calcium
	590		32				21			
Italian Wedding Soup	265	13	9	36	5	1645	6	207% Vitamin A	44% Vitamin C	15% Vitamin B-6

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Tahitian Chicken Paella	645	62	19	65	4	370	19	18% Vitamin B6	218% Vitamin C	3% Calcium
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	3	1083	30	68% Vitamin A	62% Calcium	32% Vitamin C
(½ the bread and ½ the cheese)	610		55				26			
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Double Chocolate Cookies	380	4	20	48	3	200	18	8% Vitamin A	2% Calcium	20% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
Big Oatmeal Raisin 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.*