

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Chicken Bahn Mi	525	63	10	48	5	614	11	102% Vitamin C	11% Calcium	82% Vitamin A
Steak Au Poivre	840	40	51	57 CC 28	8	569	31	83% Vitamin A	74% Vitamin B-12	48% Vitamin B-6
(½ sauce, roast the potatoes)	640		31				21			
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)	656		14				21			
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	19	292% Vitamin C	67% Calcium	62% Vitamin A
Crispy Bangkok Shrimp	625	34	29	63	7	746	19	28% Vitamin C	25% Calcium	29% Vitamin A
Mexican Chicken Paella	325	67	6	80	8	1096	14	133% Vitamin C	29% Folate	11% Vitamin A
Blackened Tilapia Over Cornbread Crumbles	550	50	17	52 CC 21	1	1380	9	27% Vitamin A	28% Calcium	29% Folate
Vegetarian Bi Bim Bop	410	23	14	51	8	636	12	221% Vitamin A	61% Vitamin C	74% Calcium
Italian Chicken and Sausage Pot Pie	995	61	58	57	5	1940	32	267% Vitamin C	54% Vitamin A	55% Calcium
(½ the pie crust & ½ the cheese)	757		39				23			

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Vegetable Korma	485	13	21	76	12	830	21	215% Vitamin A	32% Vitamin B6	384% Vitamin C
Creamy Triple Mushroom & Spinach Soup	275	7	20	27	8	174	11	267% Vitamin A	46% Vitamin C	40% Folate
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.