

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Chicken Cordon Bleu	795	94	27	48	5	1099	16	331% Vitamin A	86% Vitamin C	62% Calcium
(1/2 the breading and 1/2 the cheese)	658		19				11			
Tofu Pad Thai with Zucchini Noodles	420	30	24	27	10	422	5	89% Vitamin A	37% Vitamin C	66% Calcium
Pecan Maple Salmon	595	44	32	33	9	67	18	54% Vitamin A	3% Vitamin B6	5% Iron
Chicken Shawarma	560	18	33	54	7	681	17	83% Vitamin A	331% Vitamin C	20% Calcium
Thai Sirloin Steak Udon Bowl	730	45	40	55 CC 28	7	1450	21	419% Vitamin C	68% Vitamin B-12	47% Vitamin A
(1/2 udon, 1/2 sauce)	495		25				14			
Basil Shrimp with Baked Spaghetti	575	47	14	66 CC 29	6	1388	11	381% Vitamin C	40% Vitamin A	33% Calcium
Black Bean Quesadilla	720	26	40	70	12	1224	18	46% Calcium	17% Vitamin C	20% Folate
(1/2 the tortillas and two-thirds of the cheese)	525		32				12			
Deep Dish Mushroom and White Cheddar Strata	440	31	25	49	3	535	20	16% Vitamin C	54% Calcium	68% Vitamin D
Big Easy Gumbo with Andouille and Shrimp	612	44	11	82 CC 44	8	2516	17	22% Vitamin B-6	30% Vitamin A	25% Vitamin B-12

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Upside-Down Chimichurri Quiche	720	29	46	47	4	420	25	58% Calcium	34% Vitamin A	24% Vitamin C
(half the pie crust)	515		32				17			
Moroccan Couscous Soup	395	16	6	71	9	730	8	107% Vitamin A	27% Vitamin C	16% Calcium
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
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.