

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Kung Pao Steak Tacos	655	40	28	63	12	335	20	157% Vitamin C	61% Vitamin A	25% Vitamin B12
<i>(½ tortillas, ½ kung pao sauce)</i>	495		23				14			
Pecan Maple Salmon	598	44	32	34	9	67	18	54% Vitamin A	3% Vitamin B6	5% Iron
Filipino Chicken Pancit	590	67	6	68	8	1550	12	6% Calcium	93% Vitamin A	22% Iron
Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772	19	298% Vitamin A	133% Vitamin C	99% Folate
Shrimp and Andouille Jambalaya	440	38	10	50	4	1600	11	90% Vitamin C	23% Vitamin A	13% Calcium
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron
Greek Briam	308	17	10	41	11	1198	11	200% Vitamin C	67% Vitamin A	33% Calcium
Poblano Pepper Empanadas	1065	30	62	103	13	1053	36	186% Vitamin A	134% Vitamin C	46% Calcium
<i>(½ pie crust, cheese and sauce)</i>	615		31				20			

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Chicken Tikka Masala	600	65	11	63	7	420	14	11% Calcium	32% Vitamin A	23% Iron
Creamy Triple Mushroom & Spinach Soup	238	5	17	26	7	189	11	258% Vitamin A	37% Vitamin C	16% Vitamin B6
Balsamic-Glazed Brussels Sprouts	250	8	8	39	2	107	9	6% Vitamin C	6% Calcium	6% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
Giant Sugar Cookies	630	6	33	75	1	160	32	2% Calcium	25% Vitamin A	15% Iron
Lemon Blueberry Cookies	360	3	16	51	1	290	18	25% Vitamin C	8% Vitamin A	8% Iron
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.