Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Balsamic Glazed Stuffed Chicken Breasts	900	60	42	81	6	1220	39	26	110% Vitamin B6	100% Vitamin A
(use 2/3 of the panko, cheese, cranberries, pecans, and glaze)	690		30					18		
Fiesta Steak Rice Bowl	455	38	14	45	6	173	4	12	33% Vitamin C	28% Iron
Vegetarian Bi Bim Bop	410	23	14	51	8	636		12	221% Vitamin A	61% Vitamin C
Gyros Mini Tacos	665	55	21	59	9	991	8	17	63% Vitamin C	21% Vitamin A
(use 1/2 the tortillas and 1/2 the greek sauce)	545		18					15		
Italian Toasted Gnocchi	453	20	5	82	10	486	1	11	81% Vitamin C	201% Vitamin A
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Creamy Parmesan and Artichoke Shrimp	635	41	16	69	7	571		18	57% Vitamin A	24% Vitamin B-12
(without the garlic bread)	490		13					13		
Spinach Pancakes with Basil Corn Relish	690	29	42	57	7	1077		25	88% Vitamin C	75% Folate
(½ the citrus cream and ½ corn salsa)	520		30					16		

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmnded daily)	
Steak Au Poivre	840	40	51	57 CC 28	8	569	12	31	83% Vitamin A	74% Vitamin B-12
(½ sauce, roast the potatoes)	640		31					21		
Sweet Asian BBQ Salmon	495	39	23	36	3	550	24	14	136% Vitamin A	83% Vitamin C
Jalapeño Broccoli Cheddar Soup	710	26	50	40	5	840	10	25	54% Calcium	128% Vitamin C
(no bread)	600		49					23		
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300			10% Iron	
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A

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.