

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Nashville Hot Tofu Sliders	980	34	50	104	10	1420	27	164% Calcium	59% Iron	33% Vitamin A
(open face sandwich and 1/2 the aioli)	670		33				17			
Bacon & Smoked Gouda Chicken	860	77	45	40	5	1260	21	31% Calcium	59% Vitamin C	21% Vitamin A
(no butter, 2/3 of cheese, bacon & onion mix, & bbq sauce)	650		28				13			
Blackened Baja Salmon & Avocado Tacos	517	37	24	40	7	171	14	11% Vitamin B-6	17% Vitamin A	
Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071	32	491% Vitamin A	79% Vitamin C	76% Vitamin B12
(2/3 of the finished potatoes)	694		35				20			
Kung Pao Edamame with Udon Noodles	465	18	21	49	10	469	14	184% Vitamin C	170% Vitamin A	4% Calcium
Classic Shawarma	380	14	18	44 CC 12	3	668	11	34% Vitamin C	18% Iron	15% Folate
Mexican Chicken Rice Bowl	535	72	17	28	8	722	9	266% Vitamin C	43% Vitamin A	26% Calcium
Italian Toasted Gnocchi	453	20	5	82	10	486	11	81% Vitamin C	201% Vitamin A	16% Calcium
Mushroom and Root Vegetable Pot Pie	710	15	43	67	7	400	22	77% Vitamin A	28% Vitamin C	14% Calcium
(Use 2/3 of the crust)	560		33				17			

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Basil Shrimp with Baked Spaghetti	575	47	14	66 CC 29	6	1388	11	381% Vitamin C	40% Vitamin A	33% Calcium
Potato Leek Soup with Toasted Chive Butter Ciabatta	830	21	41	99	7	930	30	42% Vitamin A	32% Vitamin C	37% Iron
(1/2 the bread and 1/2 the chive butter)	600		30				21			
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
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
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% 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.