

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Farmers Market Ricotta Frittata	260	13	15	20	5	146	9	344% Vitamin C	73% Vitamin A	17% Calcium
Roasted Brussels Sprouts	425	18	14	61	8	358	12	242% Vitamin C	28% Vitamin A	
Tacos with Sriracha Aioli	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			
Green Curry Chicken with Broccoli	445	66	12	19	9	281	5	421% Vitamin C	89% Vitamin A	14% Vitamin B6
Barbequed Sweet Potato Couscous Gratin	505	20	11	81	8	777	17	909% Vitamin A	130% Vitamin C	48% Calcium
Mushroom Tilapia in White Sauce	510	48	18	50	10	180	11	12% Vitamin A	13% Vitamin D	16% Iron
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
Jerk Chicken	655	55	14	81 CC 34	5	381	16	527% Vitamin C	66% Vitamin A	7% Calcium
(use 1/2 the rice)	540		14				13			
Creamy Triple Mushroom & Spinach Soup	377	13	26	25	5	295	17	233% Vitamin A	46% Vitamin C	10% Folate
Crispy Bangkok Shrimp	625	34	29	63	7	746	19	28% Vitamin C	25% Calcium	29% Vitamin A

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Black Bean Quesadilla	720	26	40	70	12	1224	18	46% Calcium	17% Vitamin C	20% Folate
Caramel Apple Pie Dessert Bar	290	3	14	39	1	180	15	2% Vitamin C	6% Vitamin A	2% Calcium
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% Calcium
Rockslide Brownie	550	5	35	56	2	230	31	25% Vitamin A	8% Calcium	25% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	17	20% Iron	8% Vitamin A	4% Calcium
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% Vitamin A	4% Calcium
Chocolate Chunk Cookies	180	2	9	22	1	170	9	2% Calcium	4% Vitamin A	2% 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.*