

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Honey & Tamari Glazed Mushrooms with Udon Noodles	440	13	8	93	6	2030	37	14	30% Vitamin C	10% Iron
Salmon with Lemon & Asparagus	511	39	26	21	6	1490		13	18% Vitamin B-6	0% Vitamin B12
Chicken Satay Noodle Bowl	575	69	19	39	9	458		13	79% Vitamin C	14% Vitamin B-6
Steak Enchiladas with Pineapple Lime Salsa	630	46	30	44 CC 28	6	880	26	22	160% Vitamin C	70% Vitamin B6
Orleans Blackened Salmon Tacos	730	47	24	86	12	730		17	31% Calcium	77% Vitamin A
(Use 2 of the tortillas, & 2/3 of the coleslaw dressing)	620		21				13			
Veggie Pakoras with Mango Drizzle	440	15	14	67	9	470	23	14	49% Vitamin A	42% Calcium
Sweet & Spicy Brazilian Chicken	870	52	41	77 CC 36	5	220	13	27	70% Vitamin A	46% Vitamin C



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Flourless Chocolate Cake	370	5	16	32	2	130	18	18	20% Iron	10% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	31	16	4% Vitamin C	15% Iron
Kitchen Sink Cookies	380	5	19	49	2	400	10	17	20% Iron	8% Vitamin A
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% 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.*