

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Banana Pepper Tilapia with Jamaican Rice	600	49	9	83	11	270	10	10	150% Vitamin C	80% Vitamin A
Chicken Bacon Focaccia Club	730	68	34	41 CC 31	4	1030	16	16	40% Vitamin C	20% Iron
(use 1/2 the focaccia & 1/2 the dressing)	590		27					11		
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121		12	52% Vitamin C	14% Vitamin A
Smoky Creole Bean Jambalaya & Cornbread	770	24	19	128	11	1360	8	19	60% Vitmain C	40% Iron
(use 1/2 the cornbread & 1/2 sour cream topper)	610		10					14		
Meatball Döner Kebab	890	29	41	105	9	1820	30	30	38% Vitamin C	50% Vitamin B12
(use 1/2 the tortilla & potatoes, and 3/4 of the dressing)	680		35					23		
Rotini di Modena with Chicken & Spinach	680	64	27	49	7	231	x	19	87% Vitamin C	135% Vitamin A
(1/2 balsamic cream sauce)	500		9					11		
Mexican Shrimp with Zucchini and Orzo	410	37	6	54 CC 31	7	2391		6	49% Vitamin A	43% Vitamin C



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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	
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
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.*