

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Peruvian Shrimp Causa	510	31	26	43 CC 29	8	390	12	118% Vitamin C	61% Vitamin B6	11% Calcium
Carolina Pulled Pork & Cornbread	890	39	24	134	7	2490	30	61% Vitamin B12	30% Vitamin C	24% Calcium
(2/3 ranch dressing, bbq sauce, & cornbread)	690		19				22			
Spicy Szechuan Green Beans and Tofu	295	24	10	32	12	460	2	62% Vitamin C	66% Calcium	27% Vitamin A
Buffalo Chicken Pita	820	86	32	50	5	786	19	113% Vitamin C	67% Calcium	81% Vitamin A
Steak Vesuvio	720	46	43	41 CC 30	9	620	22	36% Calcium	162 % Vitamin A	49% Vitamin C
(Use 1/2 the cheese and butter)	550		39				15			
Salmon with Dill Butter & Crispy Leeks	610	39	37	32 CC 17	5	210	13	185% Vitamin A	98% Vitamin C	31% Vitamin B-6
Tequila-Lime Chicken Fajitas	580	64	10	63	5	1123	9	267% Vitamin C	52% Vitamin A	35% Iron
Loaded Mozzarella & Balsamic-Glazed Tomato Quesadilla	595	26	31	57	6	772	19	298% Vitamin A	133% Vitamin C	99% Folate
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760	19	292% Vitamin C	67% Calcium	62% Vitamin A
Huli Huli Chicken	810	64	4	134	2	577	23	34% Vitamin A	11% Vitamin B-6	28% Vitamin C

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Smart Points	Key Vitamins/Minerals (percent of recommended daily)		
Cream of Tomato Soup with Grilled Cheese Croutons	740	19	62	29	3	1083	30	68% Vitamin A	62% Calcium	32% Vitamin C
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Turtle Molten Bundt	500	6	30	53	3	370	27	25% Iron	6% Vitamin A	6% 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
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.*