

Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Chicken Enchiladas Verde	720	56	16	88	8	1200	16	109% Vitamin C	33% Iron	23% Calcium
(use 1/2 the rice)	630		16				13			
Honey-Glazed Salmon	560	39	23	50 CC 40	8	121	12	52% Vitamin C	14% Vitamin A	10% Calcium
Mediterranean Flatbread	900	22	61	71	9	1369	32	285% Vitamin A	11% Vitamin B-12	43% Calcium
(1/2 cheese, 1/2 date glaze)	590		32				21			
Lemon Chicken Milanese	585	61	17	47	4	743	14	32% Vitamin C	13% Folate	72% Vitamin A
Kung Pao Steak Tacos	655	40	28	63	12	335	20	157% Vitamin C	61% Vitamin A	25% Vitamin B12
(1/2 tortillas, 1/2 kung pao sauce)	495		23				14			
Tex-Mex Gnocchi Bake	870	31	26	133	12	3008	29	123% Vitamin C	84% Vitamin A	67% Calcium
(1/2 the cheese, sauce and salsa)	656		14							
Italian Chicken and Sausage Pot Pie	995	61	58	57	5	1940	32	267% Vitamin C	54% Vitamin A	55% Calcium
(1/2 the pie crust & 1/2 the cheese)	757		39				23			
Crispy Shrimp Bao Bun	599	44	18	67	4	786	13	101% Vitamin A	134% Vitamin C	50% Iron

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Korean Vegetable Pajeon	280	14	7	42	9	432	4	115% Vitamin A	190% Vitamin C	29% Folate
Creole Beef Pot Roast with Cheesy Grits	510	39	16	56	7	1860	11	44% Vitamin A	114% Iron	78% Vitamin C
Butternut Squash Soup with Four Cheese Ravioli	685	15	46	58	10	322	23	300% Vitamin A	52% Vitamin C	35% Calcium
(half the nuts and half the glaze)	550		34							
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
THE Carrot Cake	540	6	34	49	2	440	13	6% Vitamin C	6% Calcium	100% Vitamin A
Honduran Chocolate Brownies (Gluten-Free)	340	4	18	42	3	140	16	4% Vitamin C	15% Iron	6% Vitamin A
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
Peanut Butter Cookies	400	8	22	45	2	330	18	4% Iron	6% 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.