

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Triple Mushroom Etouffee	530	17	8	103 CC 36	11	620	17	160% Vitamin C	56% Vitamin A	34% Iron
Deconstructed Grilled Chicken Kabobs (use 1/2 the naan)	669 519	71	20 15	55 CC 14	7	915	12	328% Vitamin A	185% Vitamin C	50% Calcium
Bacon Onion Swiss Burger Use 2/3 of the potatoes, bacon & onion, cheese, sauce, and open faced	1270 840	56	74 51	93	6	2210	44	108% Calcium	185% Vitamin B12	55% Vitamin B6
Lemon Tilapia Scampi over Zucchini Noodles	325	31	19	12	3	164	7	55% Vitamin C	40% Vitamin A	7% Calcium
Waldorf Salad with Grilled Chicken (½ the dressing, raisins and nuts)	745 530	66	35 19	52	9	220	22 14	93% Vitamin A	28% Vitamin Iron	189% Vitamin C
Indian Grain Bowl with Mango Chili Sauce	580	30	26	57 CC 33	8	1030	19	31% Vitamin C	12% Vitamin A	17% Vitamin B-6
Steak Bi Bim Bap	560	46	20	49 CC 31	8	713	16	33% Vitamin B-12	113% Calcium	270% Vitamin A
Vegetable Primavera Rotini (Use 2/3rd of the sauce & 2/3rd of cheese)	800 660	35	44 33	73	10	1010	28 21	143% Vitamin C	48% Vitamin A	53% Calcium

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Breaded Salmon Sandwich	960	47	57	65	6	1250	23	92% Vitamin D	Vitamin C 37%	32% Iron
1/2 the sauce and open face	660		33				13			
Korean Street Toast	700	30	43	53 CC 26	7	920	17	54% Vitamin A	64% Calcium	22% Vitamin C
(use ¾ sauce & open face)	530		39				11			
Indian Curry Shrimp Tacos	590	39	18	70 CC 27	5	660	16	98% Vitamin C	19% Calcium	32% Iron
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% Vitamin A	6% Calcium
Belgian Chocolate Vegan Brownies	420	6	20	62	4	300		10% Iron		
Tiramisu for Two	290	5	15	35	1	40		6% Calcium	2% Iron	2% Vitamin D
Flourless Chocolate Cake	370	5	16	32	2	130	18	20% Iron	10% Vitamin A	4% Calcium
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

**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.*