

Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Gochujang Chicken with Coconut Broth Noodles	770	61	34	56 CC 29	4	1240	7	19	50% Vitamin C	25% Iron
(use 1/2 the noodles, 2/3 the sauce & broth)	600		25					13		
Truffle-Butter Steak Frites	520	38	27	32 CC 15	6	310	3	15	145% Vitamin C	44% Vitamin A
Korean Street Toast	700	30	43	53 CC 26	7	920	10	17	54% Vitamin A	64% Calcium
(use ¾ sauce & open face)	530		39					11		
Roasted Red Pepper Gnocchi with Smoky Sausage	675	27	15	109	7	1930	9	19	71% Vitamin C	71% Vitamin A
(half the pesto cream and two-thirds of the gnocchi)	490		12					13		
Chicken Enchiladas Verde	720	56	16	88	8	1200	6	16	23% Calcium	33% Iron
(use half the rice)	630		16					13		
Wasabi Salmon	600	46	30	37	6	265	7	16	31% Vitamin A	51% Vitamin C
Tequila Chipotle Shrimp	358	30	10	36	6	928	10	5	90% Vitamin C	36% Vitamin A
Parmesan Lemon-Chai Rigatoni with Broccoli	630	31	40	57	9	760		19	292% Vitamin C	67% Calcium

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Butter Cracker Tilapia with Jalapeno Cream	680	47	42	32	3	680	10	20	35% Vitamin A	33% Vitamin D
Upside-Down Asparagus Quiche (half the pie crust)	840 620	30	57 42	47	4	420	8	26 19	58% Calcium	34% Vitamin A
Bruschetta Salad	585	17	43	37	5	343	7	19	94% Vitamin C	114% Vitamin A
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Molten Chocolate Cake	520	7	31	54	3	360		28	30% Iron	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.