

# Health Snapshot

Recipe	Calories	Protein	Fat	Carbs	Fiber	Sodium	Smart	Key Vitamins/Minerals		
		(grams)	(grams)	(grams)	(grams)	(milligrams)	Points	(percent of recommended daily)		
Vietnamese Pulled Pork Bao Buns	830	45	13	129	8	2470	25	181% Calcium	32% Vitamin A	42% Iron
(Use 3/4 of the sauce, and only 2 bao buns)	640		10				19			
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	22	42% Vitamin C	25% Vitamin A	24% Iron
(1/2 the orzo)	590		32				18			
Steak Au Poivre	840	40	51	57 CC 28	8	569	31	83% Vitamin A	74% Vitamin B-12	48% Vitamin B-6
(1/2 sauce, roast the potatoes)	640		31				21			
Green Curry Chicken with Broccoli	445	66	12	19	9	281	5	421% Vitamin C	89% Vitamin A	14% Vitamin B6
Sauce Gribiche Deviled Eggs & Seared Salmon	640	40	46	18	2	910	17	94% Vitamin D	35% Vitamin A	70% Vitamin B6
Queso Fiesta Casserole	440	16	17	57	9	830	12	147% Vitamin C	73% Calcium	30% Vitamin A
Caribbean Shrimp	345	26	7	45	3	193	11	29% Vitamin A	22% Vitamin B-12	210% Vitamin C
Toasted Gnocchi with Asparagus & Edamame	640	34	13	93	16	788	18	39% Vitamin A	59% Vitamin C	44% Folate
Sweet Potato, Kale & Rice Bowl with Peanut Sauce	570	28	16	85	11	235	16	753% Vitamin A	127% Vitamin C	26% Iron

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Kentucky Bourbon Steak	980	39	64	65	7	780	35	56% Vitamin A	59% Vitamin B12	21% Iron
½ the sauce and ½ the apple crumble	740		46				24			
Citrus Chicken Salad with Cranberry Goat Cheese	571	71	16	42	6	321	10	160% Vitamin A	60% Vitamin C	18% 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
Molten Chocolate Cake	520	7	31	54	3	360	28	30% Iron	4% 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

**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.*