

# Health Snapshot

Recipe	Calories	Protein (grams)	Fat (grams)	Carbs (grams)	Fiber (grams)	Sodium (milligrams)	Sugar (grams)	Smart Points	Key Vitamins/Minerals (% of rcmndd daily)	
Chili-Lime Street Corn Ravioli	760	22	47	68	12	970	11	25	100% Vitamin C	15% Vitamin A
(use 2/3 of the ancho cili aioli & the cilantro & queso)	640		35					21		
Chicken Florentine	580	60	27	36	8	1130	7	11	70% Vitamin A	35% Iron
Honey-Ginger Shrimp & Noodles	560	31	15	84	6	1620	36	16	35% Vitamin C	15% Vitamin B6
Lemon Orzo with Spinach & Halloumi	720	42	32	65 CC 20	5	920	6	22	42% Vitamin C	25% Vitamin A
(1/2 the orzo)	590		32					18		
Caper Tilapia with Parsley and Potatoes	660	47	25	57	4	1166	6	19	115% Vitamin C	19% Iron
(½ the butter and oil, and ¾ potatoes)	515		14					14		
Mexican Chicken Rice Bowl	535	72	17	28	8	722		9	266% Vitamin C	43% Vitamin A
Meatball Döner Kebab	890	29	41	105	9	1820	30	30	38% Vitamin C	50% Vitamin B12
(use 1/2 the tortilla & potatoes, and 3/4 of the dressing)	680		35					20		

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Espresso-Rubbed Steak with Au Gratin Sweet Potatoes	978	45	59	70	7	2071		32	491% Vitamin A	79% Vitamin C
(2/3 of the finished potatoes)	694		35					20		
Mushroom and Goat Cheese Risotto	750	24	51	40 CC 29	3	690	9	28	70% Vitamin A	35% Calcium
(use 3/4 of the rice, goat cheese and white wine sauce)	600		40					24		
Chive Beurre Blanc Salmon & Mushrooms	460	35	28	16	4	490	7	10	80% Vitamin D	30% Vitamin A
Bangkok Basil Crunch Salad	560	25	42	31	10	1358		18	66% Vitamin C	120% Vitamin A
Add a Protein All-Natural Chicken Breast	220	41	5	0	0	85	0	3	90% Vitamin B6	4% Iron
Add a Protein Bistro Chateau Steak	220	30	10	0	0	75	0	5	10% Iron	10% Potassium
Add a Protein Norwegian Salmon	220	35	0	0	0	130	0	4	60% Vitamin B6	15% Potassium
Add a Protein Premium Shrimp	120	28	0.5	0	0	170	0	1	8% Potassium	4% iron

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Tiramisu for Two	290	5	15	35	1	40	29		6% Calcium	2% Iron
THE Carrot Cake	540	6	34	49	2	440	36	13	6% Vitamin C	6% Calcium
Oreo Mousse Pie	760	8	49	78	3	390	52		6% Calcium	6% Iron
Chocolate Chunk Cookies	180	2	9	22	1	170	10	9	2% Calcium	4% Vitamin A
Peanut Butter Cookies	400	8	22	45	2	330		18	4% Iron	6% 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.*