

SupperSolved January Menu - Nutritional Information



Beef and Barley Stew Servings: 6

Nutrition (per serving): 333.0 calories; 39% calories from fat; 14.6g total fat; 58.9mg cholesterol; 268.8mg sodium; 502.9mg potassium; 29.6g carbohydrates; 7.1g fiber; 3.2g sugar; 22.5g net carbs; 20.5g protein. **Points** = 7.1

Low Fat (LF) option – no low fat option

Low Carb (LC) option – no low carb option

Asian Pork Tenderloin Servings: 6

Nutrition (per serving): 295.1 calories; 30% calories from fat; 10.0g total fat; 112.3mg cholesterol; 440.2mg sodium; 688.5mg potassium; 13.5g carbohydrates; 0.2g fiber; 11.8g sugar; 13.4g net carbs; 35.7g protein. **Points** = 6.7

Low Fat (LF) option – no low fat option

Low Carb (LC) option – no low carb option

Sweet Mustard Sauce Servings: 6

Nutrition (per serving): 44.8 calories; 78% calories from fat; 4.0g total fat; 0.0mg cholesterol; 112.8mg sodium; 16.4mg potassium; 2.2g carbohydrates; 0.2g fiber; 1.7g sugar; 2.0g net carbs; 0.4g protein. **Points** = 1.2

Low Carb (LC) option – no low carb option

Coconut Crusted Chicken w/Fruit Salsa Servings: 6

Nutrition (per serving): 364.1 calories; 29% calories from fat; 10.7g total fat; 123.0mg cholesterol; 617.0mg sodium; 452.6mg potassium; 13.6g carbohydrates; 1.0g fiber; 4.2g sugar; 12.6g net carbs; 38.0g protein. **Points** = 8

Low Fat (LF) option – Nutrition (per serving): 324.4 calories; 21% calories from fat; 6.2g total fat; 123.0mg cholesterol; 616.8mg sodium; 452.6mg potassium; 13.6g carbohydrates; 1.0g fiber; 4.2g sugar; 12.6g net carbs; 38.0g protein. **Points** = 6.8

Low Carb (LC) option – Nutrition (per serving): 334.5 calories; 31% calories from fat; 10.3g total fat; 123.0mg cholesterol; 562.1mg sodium; 437.9mg potassium; 8.2g carbohydrates; 0.7g fiber; 3.8g sugar; 7.5g net carbs; 37.0g protein. **Points** = 7.4

Fruit Salsa Servings: 6

Nutrition (per serving): 43.0 calories; 1% calories from fat; 0.1g total fat; 0.0mg cholesterol; 2.8mg sodium; 76.6mg potassium; 11.2g carbohydrates; 0.5g fiber; 10.1g sugar; 10.7g net carbs; 0.3g protein. **Points** = 0.8

Miso Salmon Servings: 6

Nutrition (per serving): 575.1 calories; 35% calories from fat; 22.7g total fat; 78.1mg cholesterol; 5123.3mg sodium; 777.7mg potassium; 51.2g carbohydrates; 7.7g fiber; 18.6g sugar; 43.4g net carbs; 42.7g protein. **Points** = 12.6

Low Fat (LF) option – this entrée is naturally low in **bad** fats but high in **good** fat (omega 3) that come from the salmon!

Low Carb (LC) option – no low carb option

Chef's Chili Servings: 6

Nutrition (per serving): 235.9 calories; 6% calories from fat; 1.9g total fat; 0.0mg cholesterol; 929.8mg sodium; 914.5mg potassium; 47.4g carbohydrates; 12.1g fiber; 10.1g sugar; 35.3g net carbs; 11.4g protein. **Points** = 4.1

Low Fat (LF) option – already low in fat!

Low Carb (LC) option – no low carb option

Rosé Chicken Simmer Servings: 6

Nutrition (per serving): 315.1 calories; 22% calories from fat; 6.2g total fat; 96.4mg cholesterol; 872.3mg sodium; 808.9mg potassium; 10.4g carbohydrates; 2.0g fiber; 5.4g sugar; 8.4g net carbs; 40.3g protein. **Points** = 6.4

Low Fat (LF) option – already low in fat!

Low Carb (LC) option – no low carb option

Beef with Sun-dried Tomatoes, Spinach and Feta Servings: 6

Nutrition (per serving): 229.1 calories; 36% calories from fat; 8.9g total fat; 99.0mg cholesterol; 486.0mg sodium; 646.9mg potassium; 2.5g carbohydrates; 0.5g fiber; 1.1g sugar; 2.0g net carbs; 29.1g protein. **Points** = 5.2

Low Fat (LF) option – no low fat option

Low Carb (LC) option – this entrée is naturally low in carbs!

Panko Crusted Herb Dijon Pork Chops Servings: 6

Nutrition (per serving): 369.6 calories; 32% calories from fat; 13.6g total fat; 112.3mg cholesterol; 625.5mg sodium; 692.2mg potassium; 20.6g carbohydrates; 1.8g fiber; 1.7g sugar; 18.8g net carbs; 39.2g protein. **Points** = 8.2

Low Fat (LF) option – no low fat option

Low Carb (LC) option – no low carb option

Southwestern Chicken and Rice Servings: 6

Nutrition (per serving): 390.8 calories; 25% calories from fat; 11.0g total fat; 58.7mg cholesterol; 562.4mg sodium; 521.9mg potassium; 38.1g carbohydrates; 5.4g fiber; 2.3g sugar; 32.7g net carbs; 28.2g protein. **Points** = 7.9

Low Fat (LF) option – Nutrition (per serving): 351.9 calories; 19% calories from fat; 7.2g total fat; 53.8mg cholesterol; 533.2mg sodium; 517.3mg potassium; 38.0g carbohydrates; 5.4g fiber; 2.3g sugar; 32.6g net carbs; 27.0g protein. **Points** = 6.8

Low Carb (LC) option – no low carb option

Thai Ginger Basa with Green Curry Sauce Servings: 6

Nutrition (per serving): 290.9 calories; 48% calories from fat; 16.1g total fat; 101.8mg cholesterol; 345.9mg sodium; 627.5mg potassium; 2.5g carbohydrates; 0.3g fiber; 0.8g sugar; 2.2g net carbs; 33.1g protein. **Points** = 7.1

Low Fat (LF) option – no low fat option (or use less sauce)

Low Carb (LC) option – already low in carbs!!

Italian Artichoke Chicken Servings: 6

Nutrition (per serving): 400.5 calories; 29% calories from fat; 11.9g total fat; 112.0mg cholesterol; 632.4mg sodium; 527.9mg potassium; 16.7g carbohydrates; 2.2g fiber; 1.3g sugar; 14.6g net carbs; 40.2g protein. **Points** = 8.6

Low Fat (LF) option – no low fat option

Low Carb (LC) option – no low carb option

Cajun Shrimp Servings: 6

Nutrition (per serving): 230.0 calories; 45% calories from fat; 11.5g total fat; 201.1mg cholesterol; 392.9mg sodium; 309.1mg potassium; 3.5g carbohydrates; 0.7g fiber; 0.6g sugar; 2.8g net carbs; 27.3g protein. **Points** = 5.4

Low Fat (LF) option – no low fat option

Low Carb (LC) option – already low in carbs

Moroccan Chicken w/Sweet Potatoes Servings: 6

Nutrition (per serving): 584.0 calories; 30% calories from fat; 19.6g total fat; 107.8mg cholesterol; 563.9mg sodium; 913.6mg potassium; 63.0g carbohydrates; 6.1g fiber; 3.6g sugar; 57.0g net carbs; 37.0g protein. **Points** = 12.3

Low Fat (LF) option – no low fat option

Low Carb (LC) option – no low carb option

Tomato and Brie Bowtie Pasta Servings: 8

Nutrition (per serving): 399.5 calories; 38% calories from fat; 17.6g total fat; 35.5mg cholesterol; 344.6mg sodium; 247.6mg potassium; 45.0g carbohydrates; 2.0g fiber; 1.4g sugar; 43.0g net carbs; 15.0g protein. **Points** = 9.0

Low Fat (LF) option – no low fat option.

Low Carb (LC) option – no low carb option