

## SupperSolved August Menu - Nutritional Information



### **Beef Satay with a Peanut Dipping Sauce** Servings: 6

Calories: 404, Fat: 32g, Sat Fat: 12.3g, Fiber: 0.1g, Protein: 24.2g, Carbs: 3.7g, Sodium: 418.2mg, Sugar: 2.4g, Transfat: 0.0g **Points** = 10.7

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

**Low Carb (LC) option** – no low carb option

### **Peanut Dipping Sauce** Servings: 6

Calories: 53, Fat: 4.3g, Sat Fat: 0.8g, Fiber: 0.7g, Protein: 2.3g, Carbs: 2.2g, Sodium: 105mg, Sugar: 1g, Transfat: 0g **Points** = 1.3

### **Basa Puttanesca** Servings: 6

Nutrition (per serving): 345.1 calories; 45% calories from fat; 17.7g total fat; 116.4mg cholesterol; 517.6mg sodium; 894.9mg potassium; 7.3g carbohydrates; 1.6g fiber; 3.9g sugar; 5.7g net carbs; 38.1g protein. **Points** = 8.1

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

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

### **Buffalo Style Chicken Skewers** Servings: 6

Calories: 398, Fat: 23.1g, Sat Fat: 5.8g, Fiber: 0.1g, Protein: 44.2g, Carbs: 0.3g, Sodium: 647mg, Sugar: 0.2g, Transfat: 0.0g **Points** = 9.9

**Low Fat (LF) option** – replace chicken thighs with chicken breasts

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

### **Blue Cheese Dipping Sauce** Serving: 6

Calories: 63, Fat: 5.5g, Sat Fat: 2.3g, Fiber: 0g, Protein: 1.3g, Carbs: 2.4g, Sodium: 130.7mg, Sugar: 0.5g, Transfat: 0.0g **Points** = 1.7

### **Cran-Cherry Pork Chops** Servings: 6

Nutrition (per serving): 274.9 calories; 47% calories from fat; 14.6g total fat; 48.8mg cholesterol; 391.6mg sodium; 330.7mg potassium; 14.8g carbohydrates; 0.6g fiber; 8.8g sugar; 14.2g net carbs; 20.0g protein. **Points** = 6.6

**Low Fat (LF) option** – no low fat version

**Low Carb (LC) option** – no low carb option

### **Peach Cobbler** Servings: 8

Calories: 288, Fat: 12.1g, Sat Fat: 6.0g, Fiber: 1.8g, Protein: 3.2g, Carbs: 43.3g, Sodium: 326mg, Sugar: 28.7g, Transfat: 0g **Points** = 6.4

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

**Low Carb (LC) option** – no low carb option

**Chicken Thighs with Balsamic and Garlic Sauce** Servings: 6

Nutrition (per serving): 410.6 calories; 53% calories from fat; 24.9g total fat; 153.9mg cholesterol; 355.8mg sodium; 410.6mg potassium; 5.1g carbohydrates; 0.2g fiber; 0.0g sugar; 4.9g net carbs; 39.9g protein. **Points** = 10.2

**Low Fat (LF) option** – replace chicken thighs with chicken breasts

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

**Coconut Red Curry Shrimp** Servings: 6

Nutrition (per serving): 444.0 calories; 57% calories from fat; 29.9g total fat; 201.1mg cholesterol; 821.8mg sodium; 794.6mg potassium; 16.8g carbohydrates; 2.4g fiber; 4.2g sugar; 14.5g net carbs; 31.2g protein. **Points** = 10.9

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

**Low Carb (LC) option** – no low carb option

**Asian Pork Tenderloin** Servings: 6

Calories: 294, Fat: 10.0g, Sat Fat: 3.3g, Fiber: 0.2g, Protein: 35.7g, Carbs: 13.4g, Sodium: 439mg, Sugar: 11.8g, Transfat: 0.0g **Points** = 6.7

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

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

**Sweet Mustard Dipping Sauce** Servings: 6

Calories: 44, Fat: 4g, Sat Fat: 0.3g, Fiber: 0.2g, Protein: 0.4g, Carbs: 2.2g, Sodium: 113mg, Sugar: 1.7g, Transfat: 0.0g **Points** = 1.2

**Jamaican Jerk Chicken** Servings: 6

Nutrition (per serving): 345.8 calories; 46% calories from fat; 18.0g total fat; 134.7mg cholesterol; 1028.2mg sodium; 434.0mg potassium; 6.4g carbohydrates; 1.1g fiber; 3.0g sugar; 5.4g net carbs; 37.8g protein. **Points** = 8.2

**Low Fat (LF) option** – replace chicken thighs with chicken breasts

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

**Creamy Pesto Chicken** Servings: 6

Calories: 363, Fat: 13.5g, Sat Fat: 5.1g, Fiber: 0.4g, Protein: 40g, Carbs: 5.2g, Sodium: 409mg, Sugar: 0g, Transfat: 0.05g **Points** = 8.3

**Low Fat (LF) option** – Calories: 313, Fat: 8.9g, Sat Fat: 3.1g, Fiber: 0.4g, Protein: 38g, Carbs: 4.5g, Sodium: 337mg, Sugar: 0g, Transfat: 0.05g **Points** = 6.9

**Low Carb (LC) option** – this entrée is naturally low carb!

**Mile High Beef Quesadillas** Servings: 6

Nutrition (per serving): 623.6 calories; 44% calories from fat; 30.9g total fat; 92.0mg cholesterol; 997.5mg sodium; 601.6mg potassium; 54.7g carbohydrates; 6.8g fiber; 4.0g sugar; 47.9g net carbs; 31.7g protein. **Points** = 14.2

**Low Fat (LF) option** – Nutrition (per serving): 528.2 calories; 37% calories from fat; 22.3g total fat; 60.0mg cholesterol; 1036.8mg sodium; 577.0mg potassium; 57.6g carbohydrates; 7.9g fiber; 4.0g sugar; 49.7g net carbs; 24.9g protein. **Points** = 11.6

**Low Carb (LC) option** – no low carb option

**Summer Grilled Chicken with Corn Salsa** Servings: 6

Calories: 278, Fat: 4.6g, Sat Fat: 0.7g, Fiber: 1.5g, Protein: 36g, Carbs: 8.9g, Sodium: 360mg, Sugar: 2.5g, Transfat: 0.05g **Points** = 5.6

**Low Fat (LF) option** – this entrée is naturally low fat!

**Low Carb (LC) option** – this entrée is naturally low carb!

**Cuban Style Buregrs** Servings: 6

Nutrition (per serving): 420.9 calories; 34% calories from fat; 15.1g total fat; 143.8mg cholesterol; 904.2mg sodium; 672.5mg potassium; 24.0g carbohydrates; 1.7g fiber; 2.9g sugar; 22.3g net carbs; 40.7g protein. **Points** = 9.3

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

**Low Carb (LC) option** – no low carb option

**Chicken and Rice Tetrazzini** Servings: 6

Nutrition (per serving): 494.6 calories; 35% calories from fat; 18.9g total fat; 96.0mg cholesterol; 852.6mg sodium; 542.3mg potassium; 29.7g carbohydrates; 2.1g fiber; 4.4g sugar; 27.6g net carbs; 38.7g protein. **Points** = 11

**Low Fat (LF) option** – Nutrition (per serving): 394.4 calories; 23% calories from fat; 9.9g total fat; 81.9mg cholesterol; 701.6mg sodium; 526.2mg potassium; 29.3g carbohydrates; 2.1g fiber; 4.3g sugar; 27.2g net carbs; 34.2g protein. **Points** = 8.3

**Low Carb (LC) option** – no low carb option