

**BBQ 3000 Steaks**, page 7

Servings	4
Serving Size	5.5 oz. (155g)
Calories	230
Calories from Fat	90
Total Fat	10g 15%
Saturated Fat	3g 16%
Cholesterol	75mg 24%
Sodium	500mg 21%
Carbohydrate	1g 0%
Dietary Fiber	0g 0%
Sugars	0g
Protein	32g
Vitamin A	8%
Vitamin C	0%
Calcium	0%
Iron	30%

**Cowboy Beans**, page 8

Servings	12
Serving Size	4.4 oz. (124g)
Calories	140
Calories from Fat	20
Total Fat	2g 3%
Saturated Fat	0.5g 3%
Cholesterol	5mg 2%
Sodium	300mg 13%
Carbohydrate	22g 7%
Dietary Fiber	8g 30%
Sugars	4g
Protein	8g
Vitamin A	6%
Vitamin C	35%
Calcium	6%
Iron	15%

**Mixed Berry Cobbler**, page 15

Servings	12
Serving Size	4.0 oz. (112g)
Calories	210
Calories from Fat	80
Total Fat	9g 13%
Saturated Fat	5g 25%
Cholesterol	20mg 7%
Sodium	60mg 2%
Carbohydrate	32g 11%
Dietary Fiber	4g 15%
Sugars	18g
Protein	2g
Vitamin A	6%
Vitamin C	35%
Calcium	4%
Iron	6%

**Cinnamon Tofu and Sweet Potatoes**, page 16

Servings	4
Serving Size	6.6 oz. (188g)
Calories	220
Calories from Fat	110
Total Fat	13g 19%
Saturated Fat	5g 26%
Cholesterol	20mg 6%
Sodium	75mg 3%
Carbohydrate	24g 8%
Dietary Fiber	3g 11%
Sugars	15g
Protein	7g
Vitamin A	180%
Vitamin C	20%
Calcium	20%
Iron	8%

**Cinnamon Supper Cupcakes**, page 17

Servings	10
Serving Size	1 cupcake, 1.7 oz. (48g)
Calories	150
Calories from Fat	45
Total Fat	5g 8%
Saturated Fat	2g 9%
Cholesterol	5mg 1%
Sodium	110mg 5%
Carbohydrate	23g 8%
Dietary Fiber	0g 0%
Sugars	13g
Protein	2g
Vitamin A	2%
Vitamin C	0%
Calcium	6%
Iron	4%

**Gingered Tuna Salad**, page 20

Servings	4
Serving Size	4.9 oz. (138g)
Calories	350
Calories from Fat	230
Total Fat	26g 40%
Saturated Fat	3.5g 18%
Cholesterol	40mg 14%
Sodium	600mg 25%
Carbohydrate	9g 3%
Dietary Fiber	1g 5%
Sugars	3g
Protein	21g
Vitamin A	4%
Vitamin C	2%
Calcium	4%
Iron	8%

**Grilled Salmon**, page 27

Servings	2
Serving Size	8.3 oz. (234g)
Calories	380
Calories from Fat	160
Total Fat	18g 28%
Saturated Fat	3.5g 18%
Cholesterol	100mg 34%
Sodium	480mg 20%
Carbohydrate	0g 0%
Dietary Fiber	0g 0%
Sugars	0g
Protein	49g
Vitamin A	4%
Vitamin C	4%
Calcium	8%
Iron	8%

**Pepper Bean Salad**, page 28

Servings	16
Serving Size	5.2 oz. (148g)
Calories	130
Calories from Fat	40
Total Fat	4.5g 7%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	400mg 17%
Carbohydrate	19g 6%
Dietary Fiber	6g 22%
Sugars	2g
Protein	5g
Vitamin A	8%
Vitamin C	35%
Calcium	4%
Iron	8%

**Grilled Sesame Chicken**, page 31

Servings	8
Serving Size	6.0 oz. (171g)
Calories	340
Calories from Fat	200
Total Fat	22g 34%
Saturated Fat	5g 26%
Cholesterol	95mg 31%
Sodium	590mg 25%
Carbohydrate	4g 1%
Dietary Fiber	0g 0%
Sugars	3g
Protein	31g
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	8%

**Cucumber and Onion Salad**, page 37

Servings	8
Serving Size	7.5 oz. (212g)
Calories	50
Calories from Fat	0
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	200mg 8%
Carbohydrate	12g 4%
Dietary Fiber	2g 8%
Sugars	8g
Protein	2g
Vitamin A	6%
Vitamin C	20%
Calcium	4%
Iron	4%

**Wilted Lettuce Salad**, page 38

Servings	6
Serving Size	6.1 oz. (172g)
Calories	200
Calories from Fat	160
Total Fat	17g 27%
Saturated Fat	6g 28%
Cholesterol	25mg 9%
Sodium	540mg 22%
Carbohydrate	6g 2%
Dietary Fiber	2g 8%
Sugars	2g
Protein	6g
Vitamin A	180%
Vitamin C	40%
Calcium	6%
Iron	8%

**Chopped Marinated Salad**, page 39

Servings	12
Serving Size	7.2 oz. (203g)
Calories	160
Calories from Fat	110
Total Fat	13g 19%
Saturated Fat	2g 9%
Cholesterol	0mg 0%
Sodium	170mg 7%
Carbohydrate	10g 3%
Dietary Fiber	3g 11%
Sugars	6g
Protein	2g
Vitamin A	50%
Vitamin C	70%
Calcium	4%
Iron	4%

**Grilled Halibut with Mango Salsa, page 42**

Servings 4	
Serving Size 11.0 oz. (312g)	
Calories 300	
Calories from Fat 50	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 75mg	24%
Sodium 125mg	5%
Carbohydrate 12g	4%
Dietary Fiber 1g	6%
Sugars 9g	
Protein 48g	
Vitamin A	20%
Vitamin C	40%
Calcium	10%
Iron	10%

**Grilled Veggies, page 43**

Servings 8	
Serving Size 3.9 oz. (110g)	
Calories 130	
Calories from Fat 60	
Total Fat 7g	11%
Saturated Fat 1g	5%
Cholesterol 0mg	0%
Sodium 290mg	12%
Carbohydrate 16g	5%
Dietary Fiber 2g	7%
Sugars 2g	
Protein 2g	
Vitamin A	4%
Vitamin C	70%
Calcium	2%
Iron	6%

**Grilling Marinade, page 45**

Servings 8	
Serving Size 7.3 oz. (206g)	
Calories 270	
Calories from Fat 60	
Total Fat 7g	11%
Saturated Fat 2g	11%
Cholesterol 105mg	36%
Sodium 590mg	25%
Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 39g	
Vitamin A	0%
Vitamin C	2%
Calcium	2%
Iron	8%

**Mom's Kitchen Sink Potato Salad, page 49**

Servings 16	
Serving Size 5.6 oz. (158g)	
Calories 220	
Calories from Fat 110	
Total Fat 12g	19%
Saturated Fat 2g	10%
Cholesterol 25mg	9%
Sodium 500mg	21%
Carbohydrate 25g	8%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 4g	
Vitamin A	8%
Vitamin C	40%
Calcium	2%
Iron	4%

**White Chocolate Chip Cookies, page 51**

Servings 24	
Serving Size 2 cookies, 2.6 oz. (72g)	
Calories 330	
Calories from Fat 150	
Total Fat 17g	26%
Saturated Fat 10g	51%
Cholesterol 45mg	14%
Sodium 250mg	11%
Carbohydrate 43g	14%
Dietary Fiber 1g	5%
Sugars 32g	
Protein 4g	
Vitamin A	6%
Vitamin C	0%
Calcium	8%
Iron	6%

**Aunt Velma's Chocolate Cake, page 52**

Servings 15	
Serving Size 1 piece, 4.7 oz. (132g)	
Calories 390	
Calories from Fat 110	
Total Fat 12g	18%
Saturated Fat 7g	35%
Cholesterol 50mg	17%
Sodium 410mg	17%
Carbohydrate 71g	24%
Dietary Fiber 1g	5%
Sugars 57g	
Protein 3g	
Vitamin A	6%
Vitamin C	0%
Calcium	2%
Iron	8%

**Gingered White Chocolate Biscotti, page 53**

Servings 12	
Serving Size 2 cookies, 1.9 oz. (54g)	
Calories 190	
Calories from Fat 35	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 35mg	11%
Sodium 220mg	9%
Carbohydrate 35g	12%
Dietary Fiber <1g	2%
Sugars 18g	
Protein 4g	
Vitamin A	2%
Vitamin C	0%
Calcium	2%
Iron	6%

**Samrith and Samnang's Fried Rice, page 63**

Servings 8	
Serving Size 7.0 oz. (197g)	
Calories 280	
Calories from Fat 80	
Total Fat 9g	13%
Saturated Fat 1.5g	9%
Cholesterol 80mg	26%
Sodium 250mg	10%
Carbohydrate 33g	11%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 17g	
Vitamin A	2%
Vitamin C	10%
Calcium	2%
Iron	15%