



KIN Cookbook Nutrition Facts

Reading a Nutrition Label

Step 1: **Serving Size:** tells us the amount of food that the following information is referring to.

Step 2: **Sugar:** Our body only needs 12 grams of sugar (3 sugar cubes), so we want to make sure what we're eating is low in sugar.

Step 3: **Saturated Fat:** Remember, most saturated fats are harmful. It is important to eat foods with only a small amount of saturated fat.

Step 4: **Sodium:** We only need a tiny bit of salt every day to stay healthy.

Step 5: **Fiber:** it "Helps you go to the bathroom!". The more the fiber, the healthier and the better. High fiber foods help us to feel full for longer.

Step 6: **Protein:** To get stronger and smarter, we need protein. It's important for our brain, heart, muscles, bones, and every single part of our body. We can get it from plants, nuts, and lean meats.

KIN Cookbook Nutrition Facts

BREAKFAST

8. Mexican Breakfast Casserole

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 269	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 372 mg	124 %
Sodium 287 mg	12 %
Potassium 708 mg	20 %
Total Carbohydrate 18 g	6 %
Dietary Fiber 6 g	23 %
Sugars 4 g	
Protein 18 g	36 %
Vitamin A	57 %
Vitamin C	140 %
Calcium	15 %
Iron	19 %

9. Mexican Breakfast Bowls

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 145	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 149 mg	6 %
Potassium 108 mg	3 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 8 g	16 %
Vitamin A	62 %
Vitamin C	3 %
Calcium	1 %
Iron	3 %

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10. Mexican Breakfast Cups

Nutrition Facts	
Servings 12.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 158 mg	53 %
Sodium 267 mg	11 %
Potassium 178 mg	5 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 8 g	16 %
Vitamin A	5 %
Vitamin C	2 %
Calcium	8 %
Iron	5 %

11. Banana Oatmeal Pancakes

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 259	
% Daily Value *	
Total Fat 7 g	10 %
Saturated Fat 2 g	10 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 93 mg	4 %
Potassium 590 mg	17 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 5 g	21 %
Sugars 16 g	
Protein 10 g	20 %
Vitamin A	7 %
Vitamin C	18 %
Calcium	4 %
Iron	12 %

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12. Slow Cooker Oatmeal

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 168	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 4 mg	0 %
Potassium 291 mg	8 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 4 g	16 %
Sugars 23 g	
Protein 3 g	5 %
Vitamin A	0 %
Vitamin C	3 %
Calcium	4 %
Iron	8 %

13. Healthy Breakfast Sandwich

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 2 g	11 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 444 mg	19 %
Potassium 450 mg	13 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 6 g	25 %
Sugars 8 g	
Protein 16 g	33 %
Vitamin A	38 %
Vitamin C	72 %
Calcium	23 %
Iron	18 %

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14. Veggie Crustless Quiche

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 187	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 151 mg	50 %
Sodium 527 mg	22 %
Potassium 310 mg	9 %
Total Carbohydrate 10 g	3 %
Dietary Fiber 2 g	6 %
Sugars 6 g	
Protein 17 g	33 %
Vitamin A	49 %
Vitamin C	87 %
Calcium	26 %
Iron	14 %

15. Yogurt Parfaits

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 300	
% Daily Value *	
Total Fat 23 g	35 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 35 mg	1 %
Potassium 45 mg	1 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 6 g	24 %
Sugars 11 g	
Protein 11 g	22 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	8 %

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16. 3-Ingredient Breakfast “Cookies”

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 66	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 148 mg	4 %
Total Carbohydrate 14 g	5 %
Dietary Fiber 2 g	7 %
Sugars 4 g	
Protein 2 g	3 %
Vitamin A	0 %
Vitamin C	5 %
Calcium	0 %
Iron	3 %

17. Breakfast Burrito Bites

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 260	
% Daily Value *	
Total Fat 11 g	18 %
Saturated Fat 4 g	18 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 279 mg	93 %
Sodium 247 mg	10 %
Potassium 194 mg	6 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 4 g	14 %
Sugars 5 g	
Protein 14 g	28 %
Vitamin A	26 %
Vitamin C	141 %
Calcium	10 %
Iron	14 %

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18. Extreme Veggie Scrambled Eggs

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 177	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 187 mg	62 %
Sodium 128 mg	5 %
Potassium 188 mg	5 %
Total Carbohydrate 4 g	1 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 9 g	17 %
Vitamin A	28 %
Vitamin C	46 %
Calcium	7 %
Iron	8 %

19. Peanut Butter & Banana Waffle Sandwich

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 390	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 433 mg	18 %
Potassium 351 mg	10 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 10 g	42 %
Sugars 12 g	
Protein 11 g	22 %
Vitamin A	1 %
Vitamin C	9 %
Calcium	2 %
Iron	11 %

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20. Homemade Instant Oatmeal

Nutrition Facts	
Servings 20.0	
Amount Per Serving	
calories 220	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 6 mg	0 %
Potassium 205 mg	6 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 6 g	26 %
Sugars 4 g	
Protein 7 g	14 %
Vitamin A	0 %
Vitamin C	5 %
Calcium	2 %
Iron	12 %

21. Easy Overnight Oats

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 471	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 92 mg	4 %
Potassium 545 mg	16 %
Total Carbohydrate 70 g	23 %
Dietary Fiber 16 g	63 %
Sugars 8 g	
Protein 19 g	38 %
Vitamin A	6 %
Vitamin C	4 %
Calcium	33 %
Iron	25 %

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22. French Toast

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 336	
% Daily Value *	
Total Fat 11 g	17 %
Saturated Fat 4 g	20 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 197 mg	66 %
Sodium 460 mg	19 %
Potassium 122 mg	3 %
Total Carbohydrate 47 g	16 %
Dietary Fiber 6 g	22 %
Sugars 13 g	
Protein 16 g	32 %
Vitamin A	10 %
Vitamin C	11 %
Calcium	22 %
Iron	19 %

23. Extra Breakfast Side: Breakfast Potatoes

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 332	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 245 mg	10 %
Potassium 1518 mg	43 %
Total Carbohydrate 64 g	21 %
Dietary Fiber 6 g	23 %
Sugars 5 g	
Protein 8 g	15 %
Vitamin A	19 %
Vitamin C	168 %
Calcium	5 %
Iron	15 %

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LUNCH

24. Veggie Quesadillas

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 356	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 20 mg	7 %
Sodium 684 mg	29 %
Potassium 296 mg	8 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 6 g	23 %
Sugars 4 g	
Protein 18 g	36 %
Vitamin A	12 %
Vitamin C	56 %
Calcium	58 %
Iron	17 %

25. Lunch Meat Wraps

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 415	
% Daily Value *	
Total Fat 14 g	21 %
Saturated Fat 6 g	28 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 45 mg	15 %
Sodium 561 mg	23 %
Potassium 652 mg	19 %
Total Carbohydrate 43 g	14 %
Dietary Fiber 10 g	40 %
Sugars 11 g	
Protein 32 g	65 %
Vitamin A	48 %
Vitamin C	455 %
Calcium	40 %
Iron	16 %

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26. Vegetarian Quinoa Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 547	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 15 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 5 mg	2 %
Sodium 664 mg	28 %
Potassium 403 mg	12 %
Total Carbohydrate 54 g	18 %
Dietary Fiber 5 g	21 %
Sugars 6 g	
Protein 19 g	38 %
Vitamin A	15 %
Vitamin C	27 %
Calcium	26 %
Iron	28 %

27. Egg Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 182	
% Daily Value *	
Total Fat 7 g	11 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 187 mg	62 %
Sodium 444 mg	18 %
Potassium 170 mg	5 %
Total Carbohydrate 28 g	9 %
Dietary Fiber 6 g	24 %
Sugars 6 g	
Protein 16 g	31 %
Vitamin A	179 %
Vitamin C	40 %
Calcium	6 %
Iron	10 %

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28. Crazy-Good Chicken Salad

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 193	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 301 mg	100 %
Sodium 751 mg	31 %
Potassium 1102 mg	31 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 0 g	1 %
Sugars 5 g	
Protein 33 g	67 %
Vitamin A	10 %
Vitamin C	16 %
Calcium	6 %
Iron	33 %

29. DIY Pasta Salad (Antipasti Variation)

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 472	
% Daily Value *	
Total Fat 18 g	28 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 17 mg	6 %
Sodium 712 mg	30 %
Potassium 690 mg	20 %
Total Carbohydrate 58 g	19 %
Dietary Fiber 10 g	39 %
Sugars 4 g	
Protein 23 g	46 %
Vitamin A	33 %
Vitamin C	35 %
Calcium	70 %
Iron	16 %

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30. Classic Taco Salad

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 237	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 205 mg	9 %
Potassium 820 mg	23 %
Total Carbohydrate 24 g	8 %
Dietary Fiber 6 g	26 %
Sugars 4 g	
Protein 17 g	33 %
Vitamin A	351 %
Vitamin C	11 %
Calcium	64 %
Iron	7 %

31. Peanut Butter (PB) & Banana Roll Ups

Nutrition Facts	
Servings 1.0	
Amount Per Serving	
calories 432	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 386 mg	16 %
Potassium 451 mg	13 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 8 g	33 %
Sugars 17 g	
Protein 12 g	25 %
Vitamin A	2 %
Vitamin C	18 %
Calcium	7 %
Iron	10 %

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32. Lunchbox Burrito Bowls

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 294	
% Daily Value *	
Total Fat 9 g	13 %
Saturated Fat 3 g	13 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 40 mg	13 %
Sodium 583 mg	24 %
Potassium 538 mg	15 %
Total Carbohydrate 37 g	12 %
Dietary Fiber 5 g	22 %
Sugars 5 g	
Protein 17 g	33 %
Vitamin A	5 %
Vitamin C	5 %
Calcium	27 %
Iron	10 %

33. Veggie Lunch Wraps

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 170	
% Daily Value *	
Total Fat 5 g	7 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 227 mg	9 %
Potassium 127 mg	4 %
Total Carbohydrate 29 g	10 %
Dietary Fiber 5 g	20 %
Sugars 5 g	
Protein 5 g	11 %
Vitamin A	154 %
Vitamin C	10 %
Calcium	12 %
Iron	9 %

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34. Black Bean Wraps

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 313	
% Daily Value *	
Total Fat 8 g	12 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 393 mg	16 %
Potassium 686 mg	20 %
Total Carbohydrate 53 g	18 %
Dietary Fiber 12 g	49 %
Sugars 6 g	
Protein 12 g	25 %
Vitamin A	62 %
Vitamin C	32 %
Calcium	17 %
Iron	24 %

35. Pita Lunchables

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 287	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 27 mg	9 %
Sodium 447 mg	19 %
Potassium 291 mg	8 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 6 g	23 %
Sugars 3 g	
Protein 19 g	37 %
Vitamin A	53 %
Vitamin C	10 %
Calcium	8 %
Iron	11 %

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36. Flatbread Lunch Pizza

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 342	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 15 mg	5 %
Sodium 673 mg	28 %
Potassium 157 mg	4 %
Total Carbohydrate 45 g	15 %
Dietary Fiber 6 g	25 %
Sugars 5 g	
Protein 14 g	27 %
Vitamin A	43 %
Vitamin C	12 %
Calcium	39 %
Iron	14 %

37. Chicken Taquitos

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 441	
% Daily Value *	
Total Fat 14 g	22 %
Saturated Fat 7 g	33 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 183 mg	61 %
Sodium 1082 mg	45 %
Potassium 653 mg	19 %
Total Carbohydrate 35 g	12 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 41 g	82 %
Vitamin A	13 %
Vitamin C	8 %
Calcium	51 %
Iron	25 %

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38. Teriyaki Chicken Rice Bowl

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 567	
% Daily Value *	
Total Fat 24 g	37 %
Saturated Fat 6 g	29 %
Monounsaturated Fat 13 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 135 mg	45 %
Sodium 865 mg	36 %
Potassium 344 mg	10 %
Total Carbohydrate 55 g	18 %
Dietary Fiber 3 g	12 %
Sugars 2 g	
Protein 35 g	71 %
Vitamin A	176 %
Vitamin C	5 %
Calcium	21 %
Iron	6 %

DINNER

39. Easy Oven Fajitas

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 563	
% Daily Value *	
Total Fat 17 g	26 %
Saturated Fat 4 g	22 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 95 mg	32 %
Sodium 882 mg	37 %
Potassium 718 mg	21 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 11 g	42 %
Sugars 13 g	
Protein 47 g	93 %
Vitamin A	44 %
Vitamin C	349 %
Calcium	18 %
Iron	27 %

KIN Cookbook Nutrition Facts

40. Roasted Vegetable Baked Ziti

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 598	
% Daily Value *	
Total Fat 23 g	36 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 78 mg	26 %
Sodium 276 mg	11 %
Potassium 715 mg	20 %
Total Carbohydrate 86 g	29 %
Dietary Fiber 19 g	77 %
Sugars 9 g	
Protein 27 g	54 %
Vitamin A	213 %
Vitamin C	115 %
Calcium	24 %
Iron	20 %

41. Fried Brown Rice

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 292	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 35 mg	12 %
Sodium 751 mg	31 %
Potassium 395 mg	11 %
Total Carbohydrate 32 g	11 %
Dietary Fiber 3 g	12 %
Sugars 3 g	
Protein 17 g	35 %
Vitamin A	235 %
Vitamin C	15 %
Calcium	17 %
Iron	6 %

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42. One-Pan Mexican Quinoa

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 659	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 2 g	9 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 356 mg	15 %
Potassium 2143 mg	61 %
Total Carbohydrate 109 g	36 %
Dietary Fiber 25 g	99 %
Sugars 7 g	
Protein 31 g	62 %
Vitamin A	12 %
Vitamin C	52 %
Calcium	194 %
Iron	18 %

43. Mac and Cheese

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 866	
% Daily Value *	
Total Fat 28 g	43 %
Saturated Fat 18 g	89 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 75 mg	25 %
Sodium 417 mg	17 %
Potassium 584 mg	17 %
Total Carbohydrate 84 g	28 %
Dietary Fiber 7 g	28 %
Sugars 8 g	
Protein 52 g	103 %
Vitamin A	286 %
Vitamin C	48 %
Calcium	80 %
Iron	59 %

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44. Chickpea “Chicken Nuggets”

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 516	
% Daily Value *	
Total Fat 16 g	24 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 47 mg	16 %
Sodium 1204 mg	50 %
Potassium 895 mg	26 %
Total Carbohydrate 78 g	26 %
Dietary Fiber 19 g	76 %
Sugars 12 g	
Protein 23 g	46 %
Vitamin A	8 %
Vitamin C	32 %
Calcium	84 %
Iron	41 %

45. Make Your Own Tacos Bar

Nutrition Facts	
Servings 10.0	
Amount Per Serving	
calories 320	
% Daily Value *	
Total Fat 11 g	18 %
Saturated Fat 3 g	14 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 25 mg	8 %
Sodium 509 mg	21 %
Potassium 425 mg	12 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 5 g	22 %
Sugars 7 g	
Protein 21 g	41 %
Vitamin A	31 %
Vitamin C	35 %
Calcium	13 %
Iron	15 %

KIN Cookbook Nutrition Facts

46. Avocado Pesto Pasta

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 144	
% Daily Value *	
Total Fat 12 g	19 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 4 mg	1 %
Sodium 195 mg	8 %
Potassium 316 mg	9 %
Total Carbohydrate 7 g	2 %
Dietary Fiber 4 g	14 %
Sugars 2 g	
Protein 4 g	7 %
Vitamin A	23 %
Vitamin C	15 %
Calcium	14 %
Iron	3 %

47. Veggie Lo Mein

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 134	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 804 mg	33 %
Potassium 245 mg	7 %
Total Carbohydrate 19 g	6 %
Dietary Fiber 3 g	11 %
Sugars 7 g	
Protein 4 g	7 %
Vitamin A	108 %
Vitamin C	127 %
Calcium	8 %
Iron	6 %

KIN Cookbook Nutrition Facts

48. Veggie Baked Bean Enchiladas

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 501	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 4 g	19 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 11 mg	4 %
Sodium 685 mg	29 %
Potassium 1088 mg	31 %
Total Carbohydrate 79 g	26 %
Dietary Fiber 18 g	72 %
Sugars 11 g	
Protein 25 g	49 %
Vitamin A	67 %
Vitamin C	274 %
Calcium	113 %
Iron	22 %

49. One Pan Honey Garlic Chicken and Veggies

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 495	
% Daily Value *	
Total Fat 19 g	30 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 10 g	
Polyunsaturated Fat 3 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 553 mg	23 %
Potassium 1039 mg	30 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 4 g	14 %
Sugars 16 g	
Protein 39 g	78 %
Vitamin A	20 %
Vitamin C	52 %
Calcium	29 %
Iron	13 %

KIN Cookbook Nutrition Facts

50. Pesto Chicken Veggie Meatballs

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 308	
% Daily Value *	
Total Fat 13 g	19 %
Saturated Fat 2 g	12 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 93 mg	31 %
Sodium 646 mg	27 %
Potassium 469 mg	13 %
Total Carbohydrate 11 g	4 %
Dietary Fiber 2 g	6 %
Sugars 3 g	
Protein 36 g	73 %
Vitamin A	60 %
Vitamin C	63 %
Calcium	9 %
Iron	9 %

51. Salmon Baked Bean Burrito Bowl

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 383	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 8 mg	3 %
Sodium 933 mg	39 %
Potassium 513 mg	15 %
Total Carbohydrate 63 g	21 %
Dietary Fiber 13 g	50 %
Sugars 6 g	
Protein 17 g	33 %
Vitamin A	24 %
Vitamin C	9 %
Calcium	18 %
Iron	18 %

KIN Cookbook Nutrition Facts

52. Pita Pizza

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 440	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 6 g	32 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 33 mg	11 %
Sodium 887 mg	37 %
Potassium 368 mg	11 %
Total Carbohydrate 62 g	21 %
Dietary Fiber 4 g	16 %
Sugars 6 g	
Protein 18 g	37 %
Vitamin A	122 %
Vitamin C	62 %
Calcium	244 %
Iron	19 %

53. Teriyaki Turkey Burgers

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 329	
% Daily Value *	
Total Fat 20 g	30 %
Saturated Fat 5 g	27 %
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
Cholesterol 132 mg	44 %
Sodium 1571 mg	65 %
Potassium 201 mg	6 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 3 g	12 %
Sugars 5 g	
Protein 16 g	31 %
Vitamin A	5 %
Vitamin C	41 %
Calcium	15 %
Iron	22 %

KIN Cookbook Nutrition Facts

SNACKS

54. Fan-Favorite Guacamole

Nutrition Facts	
Servings 7.0	
Amount Per Serving	
calories 72	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 130 mg	5 %
Potassium 224 mg	6 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 3 g	13 %
Sugars 1 g	
Protein 1 g	2 %
Vitamin A	3 %
Vitamin C	11 %
Calcium	2 %
Iron	2 %

55. Roasted Vegetables

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 236	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 273 mg	11 %
Potassium 645 mg	18 %
Total Carbohydrate 42 g	14 %
Dietary Fiber 8 g	31 %
Sugars 7 g	
Protein 10 g	20 %
Vitamin A	149 %
Vitamin C	294 %
Calcium	11 %
Iron	15 %

KIN Cookbook Nutrition Facts

56. Baked Parmesan Zucchini Fries

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 138	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 15 mg	1 %
Potassium 538 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 5 g	11 %
Vitamin A	54 %
Vitamin C	19 %
Calcium	2 %
Iron	3 %

57. Nut Butter and Banana Toast

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 138	
% Daily Value *	
Total Fat 10 g	15 %
Saturated Fat 1 g	5 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 15 mg	1 %
Potassium 538 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 3 g	10 %
Sugars 4 g	
Protein 5 g	11 %
Vitamin A	54 %
Vitamin C	19 %
Calcium	2 %
Iron	3 %

KIN Cookbook Nutrition Facts

58. Avocado Toast and Egg

Nutrition Facts	
Servings 2.0	
Amount Per Serving	
calories 290	
% Daily Value *	
Total Fat 16 g	25 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 9 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 186 mg	62 %
Sodium 408 mg	17 %
Potassium 592 mg	17 %
Total Carbohydrate 27 g	9 %
Dietary Fiber 8 g	32 %
Sugars 4 g	
Protein 13 g	25 %
Vitamin A	58 %
Vitamin C	80 %
Calcium	13 %
Iron	23 %

DESSERTS

59. Peanut Butter and Banana Shake

Nutrition Facts	
Servings 3.0	
Amount Per Serving	
calories 316	
% Daily Value *	
Total Fat 13 g	20 %
Saturated Fat 3 g	16 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 9 mg	3 %
Sodium 343 mg	14 %
Potassium 595 mg	17 %
Total Carbohydrate 44 g	15 %
Dietary Fiber 5 g	21 %
Sugars 27 g	
Protein 11 g	22 %
Vitamin A	3 %
Vitamin C	19 %
Calcium	8 %
Iron	5 %

KIN Cookbook Nutrition Facts

60. Nut Butter Apple Bites

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 45	
% Daily Value *	
Total Fat 3 g	4 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 18 mg	1 %
Potassium 30 mg	1 %
Total Carbohydrate 5 g	2 %
Dietary Fiber 1 g	4 %
Sugars 3 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	1 %
Calcium	1 %
Iron	1 %

61. Sugar Free Cookies

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 271	
% Daily Value *	
Total Fat 12 g	18 %
Saturated Fat 8 g	40 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 31 mg	10 %
Sodium 13 mg	1 %
Potassium 386 mg	11 %
Total Carbohydrate 38 g	13 %
Dietary Fiber 4 g	17 %
Sugars 15 g	
Protein 6 g	12 %
Vitamin A	1 %
Vitamin C	7 %
Calcium	4 %
Iron	9 %

KIN Cookbook Nutrition Facts

62. Banana “Nice” Cream

Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories 335	
% Daily Value *	
Total Fat 19 g	29 %
Saturated Fat 5 g	23 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 1 mg	0 %
Sodium 140 mg	6 %
Potassium 403 mg	12 %
Total Carbohydrate 40 g	13 %
Dietary Fiber 6 g	22 %
Sugars 22 g	
Protein 8 g	15 %
Vitamin A	1 %
Vitamin C	15 %
Calcium	17 %
Iron	8 %

63. Dark Chocolate Avocado Brownies

Nutrition Facts	
Servings 9.0	
Amount Per Serving	
calories 357	
% Daily Value *	
Total Fat 25 g	39 %
Saturated Fat 9 g	43 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	1 %
Sodium 98 mg	4 %
Potassium 135 mg	4 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 6 g	23 %
Sugars 21 g	
Protein 7 g	14 %
Vitamin A	1 %
Vitamin C	2 %
Calcium	5 %
Iron	13 %