

NUTRITIONAL VALUES

Those crazy nutritional macro-thingies, all you fitness hipsters jabber-on about.

One of the biggest reasons for cooking and preparing meals like I do, is because I want to eat amazingly snazzy food, without having to reduce my portions. Most popular food bloggers, "skinny" cookbook authors, and celebrity chefs, usually have tiny, toddler sized portions. That's how they say their food is healthy. Of course, it is. You're being served an entree from the kids menu. In equal amounts, my recipes are usually around 1/2 (or less) of the points, fat and calories of everyone else'. Wanting to lose weight doesn't mean that you have to eat 'diet' sized kiddie portions.

SAUCES & DIPS	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	SODIUM (milligrams)	PAGE #
Cambodian Pepper Lime Dip	1/4 cup	25	0	1.4	1.8	0.9	1,445.8	22
'Duck' Sauce	1/4 cup	37.9	0.1	14	5.4	0.4	163.4	22
Hoisin Dipping Sauce	Entire 1/2 cup	108.5	0.8	31.8	8.1	1.9	1,218.8	22
Katsu Sauce	1/4 cup	48	0.1	16.6	6.5	1.6	1,074.1	22
Korean Bibimbap Sauce	1/4 cup	40.3	0	19.7	3.2	0.6	778.5	23
Orange Ginger Glaze	Entire 1/2 cup	108.8	0.3	82.3	5.5	3.4	1,691.7	23
Soy Glaze & Dipping Sauce	Entire 1/2 cup	168.2	1.3	50.6	16.9	3.8	2,853.3	23
Sweet & Sour Sauce	1/4 cup	51.8	0	36.7	10.2	0.1	500.2	23
Szechuan Peppercorn Sauce	1/4 cup	16	0	19.5	0	0.3	114.3	24
Teriyaki Sauce	1/4 cup	15.4	0	9.3	0.4	0.8	529.2	24
Thai Peanut Sauce	1/4 cup	59.9	2.2	11.6	1	4.4	254.7	24
Thai Sweet Chili Sauce	1/4 cup	56.5	0.2	38.2	8.9	0.4	528.7	25
Vietnamese Dipping Sauce	1/4 cup	11.5	0	13.9	2.3	1	1,517.2	25
Vietnamese Ginger Chili Sauce	1/2 cup	60	0.1	37.1	4.8	4.7	5,791.3	25
Yum Yum Sauce	1/4 cup	41	0.4	7.2	3.7	4.7	314.5	25

DIM SUM & SOUPS	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	SODIUM (milligrams)	PAGE #
Char Siu Bao	1 bun	154.3	1.5	27	1.8	12.3	322.6	28-29
Chicken Satay Skewers	1 skewer	26.1	0.5	1.6	0.5	4.6	149.4	30-31
Gyoza Potstickers	1 dumpling	32.2	0.2	5.0	0.1	2.5	98.9	32-33
San Choy Bow (meat filling)	3 Tbsp scoop	34.5	0.5	2.1	0.5	8.2	260.4	34-35
Shumai Dumplings	1 dumpling	47.4	0.4	5.1	0.2	5.6	114.1	36-37
Spring Rolls	1 spring roll	<i>(The macros for your spring roll will depend entirely on your filling)</i>						38-41
Sweet & Sour Meatballs	1 meatball	18.7	0.3	2.6	0	2.6	91	42
Vietnamese Meatballs	1 meatball	17.9	0.3	0.4	0	3.2	116	43
*** SOUPS ***								
Egg Drop Soup	1-1/4 cup	110.5	4.7	8	0	7	1,171	44-45
Hot & Sour Soup	1-1/3 cup	146.2	4.2	13.2	2.2	15.8	643.6	46-47
Wonton Soup	1-1/3 cup	174.3	1.6	21.6	0.3	11.3	1,205.8	48-49
Wor Wonton Soup	1-1/2 cups	212.1	2.6	18	3	29.1	1,939.7	50-51

HOLY SODIUM-BOMB, BATMAN!

Most cookbooks don't include Sodium when they list their nutritional information. However, I'm making this book with all of my WW-amigos in mind. The honest truth is, there are a lot of members who are 'up there' in years and are on heart medications or have dietary restrictions for how much sodium they can consume... which is why I've chosen to include the sodium numbers.



These numbers sound insanely high, however, for you folks that aren't on a sodium restrictive diet, it's not a big deal. Note that there IS a very good chance that you will see a temporary gain at the scale if you have a very high sodium dish. THIS IS NORMAL. Consuming a lot of sodium makes your body retain water Don't worry... just drink lots of water and cut back on your sodium intake for a day or two after you have a high sodium meal... and it'll all come off. C'mon... I was like a walking Yo-Yo the entire time I was working on this cookbook ,with my weight fluctuating more than a Politician's promises during an election year.

So, I just wanted to post this as a reminder for the people out there who might make one of these dishes, then see a gain. Don't stress... just drink water and like the mighty Mississippi... the weight will flow on out. It's honestly crazy how high in sodium all of these are. Especially when you consider that I only use reduced sodium soy sauce and try to limit it to no more than 3 Tbsp in most of these dishes. Imagine how much sodium is in the regular Asian food you always order. *whistles*

MAIN DISHES	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	SODIUM (milligrams)	PAGE #
Adobo Chicken	1 breast	178.5	3.7	19.2	8.2	24.9	786.7	54-55
Banh Mi Chicken Sandwich	1 sandwich	358.6	8.1	41.0	7.6	34.4	1,718.4	56-57
Beef Lok Lak Stir Fry	1 cup	262.9	9.1	6.7	2.6	35.7	731.4	58-59
Beijing Chicken	1-1/2 cup	258.9	3.1	50.6	7.7	31.8	1,373.3	60-61
Bibimbap w/Gochujang	1 rice bowl	485	8.3	98.8	36.4	40.4	3,272	62-63
Black Pepper Chicken	1-1/4 cup	231.9	4.2	12.3	3.9	37.6	1,550.9	64-65
Bulgogi Beef Stir Fry	1 cup, packed	323.1	12.3	20.4	6.7	37.6	1,042.3	66-67
Chicken & Broccoli	1-1/2 cup	175.2	3.5	12.6	2.7	22	908.9	68-69
Chicken Japchae Noodles	1-1/2 cup	228	3.2	35.9	2.9	19.6	524.8	70-71
Chicken Mai Fun Noodles	1-1/3 cup	155.9	2	23.4	2.5	15.6	714.9	72-73
Chicken Panang Curry	1-1/2 cup	235.1	5.4	20.2	7.2	27	1,868.6	74-75
Chicken w/Black Bean Sauce	1-1/3 cup	231.5	3.5	22.2	8.6	31.2	876	76-77
Chop Suey	1-1/2 cup	168.3	3.4	12.7	3	25.2	837	78-79
Chow Mein Noodles	1 cup	97.5	0.9	20.6	7.8	5.2	356.7	80-81
'Drunken' Noodles	1-1/3 cup	245.7	2.5	34.2	1.9	21.4	722.6	82-83
General Tso's Chicken	1 cup	234.2	3.9	28.7	6.1	29.7	1,197.8	84-85
Hoisin Chicken	1-1/2 cup	248	4.6	15.2	7.3	39.3	865.5	86-87
Honey Garlic Chicken	1 cup	222	3.8	20.3	10.9	31.9	963.1	88-89
Hunan Chicken	1-2/3 cup	204.7	4.0	26	6.8	27.2	1,087.7	90-91
Korean Gochujang Chicken	1/2 lb meat	279.3	6.4	18.2	5.3	48.1	1,997.5	92-93
Kung Pao Chicken	1-1/4 cup	292	10.3	13.7	4	41.4	1,300.7	94-95
Lemongrass Chicken	1-1/4 cup	231.1	4.2	18.4	4.6	38.8	1,319.5	96-97
Miso-Ginger Glazed Salmon	1 filet	302.2	12.8	12.5	4.8	35.5	1,096.5	98-99
Mongolian Chicken	1-1/2 cup	296.1	5.7	27.6	2.4	48.8	1,924.5	100-101
Moo Goo Gai Pain	1-1/2 cup	217.9	3.7	26.2	8.4	24.9	731.9	102-103
Mushroom Chicken	1 cup	231.7	3.8	11.9	4.4	27.1	766.7	104-105
Orange Chicken	1 cup	231.7	4.3	25.7	2.5	36.2	948.5	106-107
Pad Thai Noodles	1-1/4 cup	270.3	4.1	44.7	9.2	21.2	856.8	108-109
Pancit Sotanghon Noodles	1-1/2 cup	240.1	2.3	34.2	4.6	22	784.1	110-111
Sesame Chicken	1 cup	269.3	7.6	24.7	3.5	36.3	1,350.9	112-113
Shrimp with Lobster Sauce	1 cup	254	3	10.6	2	44	1,467.7	114-115
Shrimp with Snow Peas	1-1/2 cup	267.1	4.4	20.2	4.4	42.6	1,063.9	116-117
Singapore Noodles	1-1/2 cup	274.8	2.9	40.4	5.1	23	932.9	118-119
String Bean Chicken	1-1/2 cup	164.9	3.3	15.5	4.9	22.8	829.3	120-121
Sweet & Sour Chicken	1-1/2 cup	239	3	45	18.3	24.6	931.3	122-123
Sweet Fire Chicken	1-1/2 cup	242.5	3.2	55.6	18.8	25.3	624.4	124-125
Teriyaki Chicken	1 breast	188.3	3.8	8.2	2.5	35.6	1,067.8	126-127
Thai Basil Chicken	1-1/2 cup	240	4.6	20.6	4.3	38	1,384.5	128-129
Thai Sweet Chili Shrimp	1 cup	224.6	2.1	15.3	2.8	39.1	1,087.6	130-131
Torikatsu with Katsu Sauce	1 breast	296.1	5.4	28.7	8.1	39.1	1,535.6	132-133
Vegetable & Shrimp Fried Rice	1 cup	184.3	1.8	26.7	3.2	14.8	682.7	134-135
Yaki Udon Noodles	1-1/2 cup	238.4	2.3	37.2	2.4	22.6	1,091.9	136-137

** All recipes which call for "0 point sweetener o' choice", were calculated using **Lakanto Monkfruit 'classic'** or **'Truvia Sweet Complete Brown'** sugar and brown sugar replacements. Because, hey... they're my sweeteners o' choice. But, you do you, boo-bear.

🤔 CARBOHYDRATE CONUNDRUM 🤔

I know I mentioned it right above this paragraph... but it REALLY needs to be explained in more detail. For most all of these listed nutritional values, the numbers for the carbs are misleading. I'm mentioning it, because I honestly have no idea how to truly address it in the macros. Every single one of my recipes that would regularly require sugar, instead uses Lakanto monkfruit, or some other brand of "ERYTHRITOL-based" sweetener, because that's my personal preference.

Erythritol sweeteners are natural sweeteners derived from sugar alcohols. They are NON GLYCEMIC, meaning that their carbs (and they contain a lot of carbs) ARE NOT ABSORBED INTO YOUR BLOOD STREAM. They are 0 calorie and their carbs aren't absorbed and converted to sugar. Unfortunately, I still have to include all of those carbs, from the erythritol, into the nutritional macros... even though your body does not absorb them. A great example is my **Sweet & Sour Sauce**, which would be listed as having 213 grams of carbs in a 2 cup batch of sauce. However... 192 of those shouldn't count, because they are Non-Glycemic carbs your body isn't going to absorb. However, I still have to list them in the nutritional totals. This makes the total carb count seem incredibly high on a lot of these dishes. FYI: Erythritol sweeteners have a ZERO glycemic index score.