

ALMOND CHOCOLATE TORTE

1 slice equals 557 calories, 36 g fat (18 g saturated fat), 83 mg cholesterol, 389 mg sodium, 57 g carbohydrate, 4 g fiber, 7 g protein.

ALMOND RICE PILAF

3/4 cup equals 185 calories, 5 g fat (trace saturated fat), 2 mg cholesterol, 331 mg sodium, 30 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

BACON & EGG POTATO SALAD

3/4 cup equals 348 calories, 26 g fat (4 g saturated fat), 119 mg cholesterol, 472 mg sodium, 21 g carbohydrate, 2 g fiber, 7 g protein.

BAJA CHICKEN TACO PIZZA

1 slice equals 639 calories, 41 g fat (9 g saturated fat), 64 mg cholesterol, 1,386 mg sodium, 40 g carbohydrate, 5 g fiber, 29 g protein.

BALSAMIC ARUGULA SALAD

1 cup equals 63 calories, 4 g fat (1 g saturated fat), 4 mg cholesterol, 211 mg sodium, 4 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

BANANA MACADAMIA MUFFINS

1 muffin equals 294 calories, 16 g fat (3 g saturated fat), 26 mg cholesterol, 185 mg sodium, 37 g carbohydrate, 2 g fiber, 3 g protein.

BANANA-PINEAPPLE ICE

1/2 cup equals 79 calories, trace fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 20 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 fruit.

BASIL-BUTTER STEAKS WITH ROASTED POTATOES

1 serving equals 538 calories, 29 g fat (13 g saturated fat), 112 mg cholesterol, 740 mg sodium, 27 g carbohydrate, 3 g fiber, 1 g protein.

BBQ SHRIMP QUESADILLAS

1 quesadilla (calculated without salsa and additional barbecue sauce) equals 648 calories, 26 g fat (12 g saturated fat), 144 mg cholesterol, 1,066 mg sodium, 66 g carbohydrate, 3 g fiber, 38 g protein.

BEEF CHOW MEIN

1 cup chow mein with 3/4 cup rice equals 358 calories, 9 g fat (4 g saturated fat), 44 mg cholesterol, 963 mg sodium, 45 g carbohydrate, 4 g fiber, 23 g protein.

BEEF TIP STEW OVER FUSILLI

1 cup beef mixture with 1 cup pasta equals 451 calories, 9 g fat (2 g saturated fat), 47 mg cholesterol, 1,258 mg sodium, 64 g carbohydrate, 7 g fiber, 30 g protein.

BERRY BLUE POPS

1 pop equals 77 calories, 0 fat (0 saturated fat), 0 cholesterol, 21 mg sodium, 19 g carbohydrate, 0 fiber, 1 g protein. **Diabetic Exchanges:** 1 starch.

BERRY-TOPPED PUFF PANCAKE

1 slice (calculated without confectioners' sugar) equals 320 calories, 9 g fat (5 g saturated fat), 123 mg cholesterol, 239 mg sodium, 54 g carbohydrate, 4 g fiber, 7 g protein.

BLUEBERRY FIZZ POPS

1 pop equals 36 calories, trace fat (trace saturated fat), 0 cholesterol, 10 mg sodium, 9 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchanges:** 1/2 starch.

BREADED BRUNCH BACON

2 pieces equals 111 calories, 6 g fat (2 g saturated fat), 44 mg cholesterol, 296 mg sodium, 8 g carbohydrate, trace fiber, 5 g protein.

BROILED PARMESAN TOMATOES

1 tomato half equals 220 calories, 20 g fat (12 g saturated fat), 52 mg cholesterol, 275 mg sodium, 8 g carbohydrate, 2 g fiber, 4 g protein.

BUTTER BRICKLE ICE CREAM PIE

1 piece with about 3 Tbsp. sauce equals 733 calories, 37 g fat (19 g saturated fat), 89 mg cholesterol, 507 mg sodium, 99 g carbohydrate, trace fiber, 7 g protein.

CHERRY-BARBECUE PORK RIBS

1 serving equals 301 calories, 14 g fat (5 g saturated fat), 86 mg cholesterol, 255 mg sodium, 15 g carbohydrate, trace fiber, 27 g protein.

CHERRY-CHOCOLATE PUDGY PIE

1 sandwich equals 308 calories, 9 g fat (3 g saturated fat), 0 cholesterol, 351 mg sodium, 52 g carbohydrate, 3 g fiber, 6 g protein.

CHIMICHURRI SHRIMP SKILLET

1-1/3 cups equals 421 calories, 20 g fat (3 g saturated fat), 92 mg cholesterol, 505 mg sodium, 44 g carbohydrate, 3 g fiber, 17 g protein.

CHIPOTLE CHILI DOGS

1 serving equals 420 calories, 25 g fat (12 g saturated fat), 69 mg cholesterol, 1,096 mg sodium, 27 g carbohydrate, 2 g fiber, 20 g protein.

CILANTRO-PEPITA PESTO

2 Tbsp. equals 82 calories, 7 g fat (2 g saturated fat), 3 mg cholesterol, 130 mg sodium, 2 g carbohydrate, 1 g fiber, 4 g protein.

CINNAMON FLAPJACKS

2 pancakes with 3 Tbsp. syrup equals 501 calories, 8 g fat (4 g saturated fat), 15 mg cholesterol, 1,032 mg sodium, 106 g carbohydrate, 1 g fiber, 5 g protein.

CITRUS STEAK SALAD

1 serving equals 794 calories, 55 g fat (12 g saturated fat), 113 mg cholesterol, 615 mg sodium, 42 g carbohydrate, 8 g fiber, 37 g protein.

CLASSY CARROTS

3/4 cup equals 121 calories, 9 g fat (4 g saturated fat), 15 mg cholesterol, 222 mg sodium, 10 g carbohydrate, 4 g fiber, 1 g protein.

COOL WATERMELON POPS

1 pop equals 64 calories, 1 g fat (trace saturated fat), 0 cholesterol, 11 mg sodium, 15 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** 1 starch.

CRAZY-COLORED FRUIT POPS

1 pop equals 47 calories, trace fat (trace saturated fat), 0 cholesterol, 6 mg sodium, 11 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchanges:** 1/2 starch.

CREAMY CHICKEN ENCHILADAS

2 enchiladas equals 789 calories, 38 g fat (18 g saturated fat), 129 mg cholesterol, 1,930 mg sodium, 69 g carbohydrate, 3 g fiber, 42 g protein.

CREAMY SAUSAGE & BOW TIES

1 cup equals 387 calories, 22 g fat (10 g saturated fat), 59 mg cholesterol, 1,199 mg sodium, 26 g carbohydrate, 2 g fiber, 21 g protein.

CRISPY RANCH FRIES

3/4 cup with about 2 Tbsp. sauce equals 393 calories, 25 g fat (3 g saturated fat), 7 mg cholesterol, 1,014 mg sodium, 40 g carbohydrate, 3 g fiber, 3 g protein.

CURRY SCALLOPS AND RICE

1-1/2 cups equals 431 calories, 13 g fat (7 g saturated fat), 86 mg cholesterol, 998 mg sodium, 44 g carbohydrate, 3 g fiber, 33 g protein.

DOUBLE CHIP COOKIES

1 cookie equals 101 calories, 5 g fat (3 g saturated fat), 15 mg cholesterol, 89 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein.

EASY BEEF-STUFFED SHELLS

2 shells equals 405 calories, 22 g fat (10 g saturated fat), 90 mg cholesterol, 730 mg sodium, 26 g carbohydrate, 2 g fiber, 25 g protein.

EASY REFRIGERATOR PICKLES

1 pickle equals 4 calories, trace fat (trace saturated fat), 0 cholesterol, 85 mg sodium, 1 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** Free Food.

ELEGANT SMOKED SALMON STRATA

1 piece (calculated without creme fraiche) equals 359 calories, 21 g fat (11 g saturated fat), 194 mg cholesterol, 845 mg sodium, 21 g carbohydrate, 1 g fiber, 22 g protein.

FARMER'S MARKET SQUASH SAUTE

3/4 cup equals 76 calories, 5 g fat (2 g saturated fat), 7 mg cholesterol, 127 mg sodium, 6 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

FIESTA TACO SALADS

1 serving equals 483 calories, 18 g fat (6 g saturated fat), 52 mg cholesterol, 922 mg sodium, 54 g carbohydrate, 8 g fiber, 25 g protein.

FLAVORFUL PORK CHOPS

1 pork chop with 4 tsp. sauce equals 429 calories, 22 g fat (7 g saturated fat), 111 mg cholesterol, 796 mg sodium, 22 g carbohydrate, trace fiber, 36 g protein.

FLUFFY LEMON SQUARES

1 piece equals 285 calories, 14 g fat (7 g saturated fat), 31 mg cholesterol, 231 mg sodium, 39 g carbohydrate, 2 g fiber, 3 g protein.

FRESH TOMATO & CUCUMBER SALAD

1 cup equals 209 calories, 17 g fat (4 g saturated fat), 8 mg cholesterol, 366 mg sodium, 9 g carbohydrate, 3 g fiber, 6 g protein.

FRUIT & NUT CEREAL BARS

1 bar equals 283 calories, 10 g fat (4 g saturated fat), 9 mg cholesterol, 199 mg sodium, 48 g carbohydrate, 3 g fiber, 5 g protein.

GARLIC CARROTS

1 cup equals 77 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 237 mg sodium, 8 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchanges:** 2 vegetable, 1 fat.

GREEK GREEN BEAN MEDLEY

3/4 cup equals 70 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 200 mg sodium, 9 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 2 vegetable, 1/2 fat.

GREEK GRILLED CHICKEN PITAS

2 filled pita halves equals 428 calories, 14 g fat (6 g saturated fat), 85 mg cholesterol, 801 mg sodium, 41 g carbohydrate, 3 g fiber, 33 g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1 fat.

GRILLED JERK CHOPS

1 pork chop with 3/4 cup pineapple equals 426 calories, 22 g fat (7 g saturated fat), 111 mg cholesterol, 288 mg sodium, 22 g carbohydrate, 4 g fiber, 37 g protein.

GRILLED SALMON WITH AVOCADO SALSA

1 fillet with 1/2 cup salsa equals 301 calories, 21 g fat (3 g saturated fat), 57 mg cholesterol, 295 mg sodium, 9 g carbohydrate, 4 g fiber, 21 g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat.

GRILLED SIRLOIN WITH CHILI-BEER BARBECUE SAUCE

5 oz. cooked steak with about 1 Tbsp. sauce equals 263 calories, 7 g fat (3 g saturated fat), 69 mg cholesterol, 807 mg sodium, 10 g carbohydrate, trace fiber, 37 g protein.

HAM & JACK PUDGY PIE

1 sandwich equals 306 calories, 9 g fat (5 g saturated fat), 32 mg cholesterol, 910 mg sodium, 39 g carbohydrate, 2 g fiber, 16 g protein.

HOISIN PORK WRAPS

1 serving equals 314 calories, 8 g fat (2 g saturated fat), 46 mg cholesterol, 564 mg sodium, 37 g carbohydrate, 1 g fiber, 23 g protein. **Diabetic Exchanges:** 2-1/2 starch, 2 lean meat.

ITALIAN CHICKEN CORDON BLEU

1 serving (calculated without rice) equals 293 calories, 14 g fat (8 g saturated fat), 107 mg cholesterol, 881 mg sodium, 6 g carbohydrate, 1 g fiber, 34 g protein.

ITALIAN SAUSAGES WITH PROVOLONE

1 serving equals 543 calories, 31 g fat (10 g saturated fat), 60 mg cholesterol, 1,267 mg sodium, 41 g carbohydrate, 2 g fiber, 25 g protein.

ITALIAN SNACK MIX

3/4 cup equals 153 calories, 7 g fat (2 g saturated fat), 3 mg cholesterol, 530 mg sodium, 20 g carbohydrate, 1 g fiber, 3 g protein.

LEMONADE FRUIT SALAD

3/4 cup salad equals 74 calories, 1 g fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 18 g carbohydrate, 2 g fiber, 1 g protein.

LEMON-CAPER BAKED COD

1 fillet equals 256 calories, 13 g fat (8 g saturated fat), 129 mg cholesterol, 441 mg sodium, 1 g carbohydrate, trace fiber, 33 g protein.

LEMON-SESAME VEGGIE KABOBS

1 kabob (calculated without rice) equals 51 calories, 2 g fat (trace saturated fat), 0 cholesterol, 156 mg sodium, 8 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 2 vegetable.

MAPLE-GLAZED GREEN BEANS

3/4 cup (calculated without bourbon) equals 173 calories, 3 g fat (1 g saturated fat), 7 mg cholesterol, 302 mg sodium, 35 g carbohydrate, 4 g fiber, 4 g protein.

MELON-MANGO SALSA

1/4 cup (calculated without pita chips) equals 17 calories, trace fat (trace saturated fat), 0 cholesterol, 3 mg sodium, 4 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchanges:** Free food.

MONTEREY RANCH BREAD

1 slice equals 382 calories, 22 g fat (8 g saturated fat), 29 mg cholesterol, 700 mg sodium, 34 g carbohydrate, 1 g fiber, 14 g protein.

ORANGE-SPICED CHICKEN

1 chicken breast half equals 234 calories, 3 g fat (1 g saturated fat), 78 mg cholesterol, 643 mg sodium, 19 g carbohydrate, trace fiber, 30 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch, 1/2 fruit.

PEACH-GLAZED MEATBALLS

3 meatballs equals 178 calories, 4 g fat (2 g saturated fat), 42 mg cholesterol, 664 mg sodium, 27 g carbohydrate, 1 g fiber, 8 g protein.

PISTACHIO MERINGUE SUNDAES

1 sundae equals 351 calories, 23 g fat (12 g saturated fat), 70 mg cholesterol, 163 mg sodium, 29 g carbohydrate, 1 g fiber, 8 g protein.

POLENTA ROUNDS WITH SAUSAGE RAGOUT

1 cup sauce with 3 polenta slices equals 506 calories, 33 g fat (9 g saturated fat), 54 mg cholesterol, 2,062 mg sodium, 34 g carbohydrate, 3 g fiber, 20 g protein.

PORTOBELLO & BASIL CHEESE TORTELLINI

1-1/2 cups equals 679 calories, 48 g fat (28 g saturated fat), 149 mg cholesterol, 1,020 mg sodium, 45 g carbohydrate, 3 g fiber, 21 g protein.

PROSCIUTTO-WRAPPED ASPARAGUS WITH RASPBERRY SAUCE

1 asparagus spear with 1-1/2 tsp. sauce equals 50 calories, 1 g fat (trace saturated fat), 8 mg cholesterol, 184 mg sodium, 7 g carbohydrate, trace fiber, 3 g protein. **Diabetic Exchanges:** 1/2 starch.

RASPBERRY POMEGRANATE SMOOTHIES

1 cup equals 272 calories, 5 g fat (3 g saturated fat), 15 mg cholesterol, 63 mg sodium, 54 g carbohydrate, 2 g fiber, 4 g protein.

ROASTED GRAPE TOMATOES

1/4 cup (calculated without crackers and cheese) equals 36 calories, 2 g fat (trace saturated fat), 0 cholesterol, 78 mg sodium, 5 g carbohydrate, trace fiber, trace protein.

ROASTED PEPPER CHICKEN PENNE

1-1/2 cups equals 424 calories, 12 g fat (3 g saturated fat), 39 mg cholesterol, 641 mg sodium, 53 g carbohydrate, 4 g fiber, 25 g protein.

SAUCY PEACH-BALSAMIC CHICKEN

1 chicken breast half with 1 Tbsp. sauce equals 249 calories, 8 g fat (4 g saturated fat), 78 mg cholesterol, 427 mg sodium, 19 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1 fat.

SCRAMBLED EGGS WITH THE WORKS

1 cup equals 259 calories, 19 g fat (8 g saturated fat), 447 mg cholesterol, 444 mg sodium, 5 g carbohydrate, 1 g fiber, 18 g protein.

SICILIAN SALAD

1 cup equals 185 calories, 15 g fat (4 g saturated fat), 16 mg cholesterol, 1,268 mg sodium, 6 g carbohydrate, 1 g fiber, 5 g protein.

SIMPLY SEASONED CHICKEN

1 chicken breast half equals 321 calories, 16 g fat (5 g saturated fat), 93 mg cholesterol, 529 mg sodium, 12 g carbohydrate, 1 g fiber, 30 g protein.

SMOKED TURKEY SAUSAGE PIZZA

1 piece equals 285 calories, 9 g fat (5 g saturated fat), 60 mg cholesterol, 1,166 mg sodium, 28 g carbohydrate, 2 g fiber, 21 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

S'MORE PUDGY PIE

1 sandwich equals 407 calories, 16 g fat (3 g saturated fat), trace cholesterol, 294 mg sodium, 59 g carbohydrate, 5 g fiber, 9 g protein.

SMOTHERED ITALIAN CHICKEN

1 chicken breast half equals 535 calories, 27 g fat (7 g saturated fat), 128 mg cholesterol, 795 mg sodium, 27 g carbohydrate, 3 g fiber, 45 g protein.

SPINACH & FETA SAUTE

1/2 cup equals 291 calories, 25 g fat (5 g saturated fat), 15 mg cholesterol, 338 mg sodium, 8 g carbohydrate, 5 g fiber, 10 g protein.

STRAWBERRY GINGER TART

1 slice equals 293 calories, 12 g fat (7 g saturated fat), 27 mg cholesterol, 201 mg sodium, 41 g carbohydrate, 2 g fiber, 5 g protein.

SUMMER FRUIT PIZZA

1 slice equals 256 calories, 13 g fat (6 g saturated fat), 29 mg cholesterol, 175 mg sodium, 34 g carbohydrate, 2 g fiber, 3 g protein.

SWEET CORN WITH PARMESAN AND CILANTRO

1 ear of corn equals 336 calories, 24 g fat (4 g saturated fat), 6 mg cholesterol, 277 mg sodium, 28 g carbohydrate, 4 g fiber, 7 g protein.

THREE-CHEESE FLORENTINE BURGERS

1 burger equals 476 calories, 26 g fat (11 g saturated fat), 153 mg cholesterol, 841 mg sodium, 27 g carbohydrate, 4 g fiber, 33 g protein.

TOMATILLO SALSA

1/4 cup (calculated without chips) equals 19 calories, trace fat (trace saturated fat), 0 cholesterol, 133 mg sodium, 4 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** Free food.

TROPICAL GUACAMOLE

1/4 cup (calculated without chips) equals 77 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 173 mg sodium, 7 g carbohydrate, 3 g fiber, 1 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

VEGGIE CALZONES

1 calzone equals 503 calories, 15 g fat (4 g saturated fat), 45 mg cholesterol, 953 mg sodium, 67 g carbohydrate, 6 g fiber, 23 g protein.

VERY BEST BARBECUE BEEF SANDWICHES

1 sandwich (calculated without pickles) equals 417 calories, 13 g fat (5 g saturated fat), 74 mg cholesterol, 881 mg sodium, 45 g carbohydrate, 1 g fiber, 28 g protein.

WATERMELON SPRITZER

1 cup equals 140 calories, 0 fat (0 saturated fat), 0 cholesterol, 4 mg sodium, 38 g carbohydrate, 1 g fiber, trace protein.

ZESTY GRILLED SANDWICHES

1 sandwich equals 614 calories, 31 g fat (13 g saturated fat), 95 mg cholesterol, 1,731 mg sodium, 47 g carbohydrate, 3 g fiber, 36 g protein.

HOW WE CALCULATE NUTRITION FACTS

- When a choice of ingredients is given in a recipe (such as 1/3 cup of sour cream or plain yogurt), the first ingredient listed is always the one calculated in the Nutrition Facts.
- When a range is given for an ingredient (such as 2 to 3 teaspoons), we calculate the first amount given.
- Only the amount of marinade absorbed during preparation is calculated.
- Garnishes listed in recipes are typically included in calculations.
- Diabetic Exchanges are assigned to recipes in accordance with guidelines from the American Diabetic and the American Dietetic Associations.