

APPLE CINNAMON OMELET

1 omelet (calculated without whipped cream) equals 476 calories, 38 g fat (19 g saturated fat), 695 mg cholesterol, 667 mg sodium, 17 g carbohydrate, 1 g fiber, 19 g protein.

ASIAN BEEF WITH NOODLES

1-1/3 cups equals 461 calories, 20 g fat (4 g saturated fat), 42 mg cholesterol, 728 mg sodium, 44 g carbohydrate, 5 g fiber, 27 g protein. **Diabetic Exchanges:** 3 starch, 3 fat, 2 lean meat.

ASTI & STRAWBERRIES DESSERT

1 cookie with 2/3 cup strawberries and 1/2 cup mousse (calculated without additional whipped topping) equals 402 calories, 23 g fat (15 g saturated fat), 26 mg cholesterol, 77 mg sodium, 39 g carbohydrate, 2 g fiber, 6 g protein.

AVOCADO-TOMATO SALAD

1 cup equals 197 calories, 16 g fat (2 g saturated fat), trace cholesterol, 279 mg sodium, 15 g carbohydrate, 7 g fiber, 3 g protein. **Diabetic Exchanges:** 2-1/2 fat, 1 starch.

BAKED HAM WITH HONEY-CHIPOTLE GLAZE

6 oz. cooked ham with 1 Tbsp. sauce equals 394 calories, 22 g fat (8 g saturated fat), 80 mg cholesterol, 1,579 mg sodium, 20 g carbohydrate, trace fiber, 28 g protein.

BARBECUE PORK AND PENNE SKILLET

1-1/4 cups equals 428 calories, 11 g fat (6 g saturated fat), 40 mg cholesterol, 903 mg sodium, 61 g carbohydrate, 4 g fiber, 20 g protein.

BLACK BEAN-CHICKEN QUESADILLAS

1 quesadilla (calculated without optional ingredients) equals 638 calories, 22 g fat (9 g saturated fat), 66 mg cholesterol, 1,466 mg sodium, 73 g carbohydrate, 7 g fiber, 35 g protein.

BLUE CHEESE WALNUT TART

1 slice equals 197 calories, 16 g fat (8 g saturated fat), 51 mg cholesterol, 208 mg sodium, 10 g carbohydrate, trace fiber, 4 g protein.

BRIE PHYLLO CUPS

1 appetizer equals 83 calories, 4 g fat (2 g saturated fat), 11 mg cholesterol, 100 mg sodium, 7 g carbohydrate, trace fiber, 3 g protein.

BURRITO PIE

1 piece equals 525 calories, 25 g fat (12 g saturated fat), 80 mg cholesterol, 1,253 mg sodium, 44 g carbohydrate, 5 g fiber, 30 g protein.

BUTTER & HERB TURKEY

5 oz. cooked turkey with 1/4 cup gravy equals 339 calories, 14 g fat (5 g saturated fat), 128 mg cholesterol, 266 mg sodium, 2 g carbohydrate, trace fiber, 48 g protein.

BUTTER PECAN BISCOTTI

1 cookie equals 208 calories, 10 g fat (4 g saturated fat), 25 mg cholesterol, 154 mg sodium, 28 g carbohydrate, 1 g fiber, 2 g protein.

CAN-CAN CHICKEN

6 oz. cooked chicken equals 321 calories, 17 g fat (5 g saturated fat), 102 mg cholesterol, 1,031 mg sodium, 4 g carbohydrate, trace fiber, 33 g protein.

CARAMEL MACCHIATO FLOATS

1 serving (calculated without whipped cream and sundae syrup) equals 498 calories, 27 g fat (15 g saturated fat), 127 mg cholesterol, 149 mg sodium, 56 g carbohydrate, 0 fiber, 9 g protein.

CHAMPAGNE SALMON & FETTUCCINE

1 salmon fillet with 1-1/2 cups fettuccine mixture equals 791 calories, 46 g fat (24 g saturated fat), 148 mg cholesterol, 718 mg sodium, 49 g carbohydrate, 4 g fiber, 30 g protein.

CHEDDAR BROCCOLI SOUP

1 cup equals 252 calories, 16 g fat (11 g saturated fat), 52 mg cholesterol, 750 mg sodium, 15 g carbohydrate, 3 g fiber, 13 g protein.

CHERRY CORDIAL CAKE BALLS

1 cake ball equals 200 calories, 10 g fat (7 g saturated fat), 9 mg cholesterol, 51 mg sodium, 27 g carbohydrate, 1 g fiber, 1 g protein.

CHICKEN IN LIME BUTTER

1 chicken breast half with 1 Tbsp. sauce equals 192 calories, 19 g fat (8 g saturated fat), 46 mg cholesterol, 203 mg sodium, trace carbohydrate, trace fiber, 6 g protein.

CHIPOTLE-BLACK BEAN CHILI

1-1/4 cup (calculated without optional ingredients) equals 343 calories, 13 g fat (4 g saturated fat), 74 mg cholesterol, 772 mg sodium, 26 g carbohydrate, 6 g fiber, 29 g protein.

CHORIZO SALSA OMELET

1 omelet equals 588 calories, 48 g fat (19 g saturated fat), 727 mg cholesterol, 1,568 mg sodium, 3 g carbohydrate, trace fiber, 34 g protein.

CITRUS POUND CAKE

1 slice equals 508 calories, 18 g fat (11 g saturated fat), 147 mg cholesterol, 352 mg sodium, 80 g carbohydrate, 1 g fiber, 7 g protein.

COFFEE & CREAM DOUGHNUTS

1 doughnut equals 413 calories, 28 g fat (9 g saturated fat), 25 mg cholesterol, 659 mg sodium, 37 g carbohydrate, 1 g fiber, 7 g protein.

COFFEE CAKE MUFFINS

1 muffin equals 237 calories, 11 g fat (3 g saturated fat), 25 mg cholesterol, 177 mg sodium, 32 g carbohydrate, 1 g fiber, 3 g protein.

COMPANY LASAGNA

1 piece equals 374 calories, 17 g fat (8 g saturated fat), 84 mg cholesterol, 885 mg sodium, 30 g carbohydrate, 2 g fiber, 26 g protein.

COUNTRY CHICKEN CASSEROLE

1-1/2 cups equals 501 calories, 26 g fat (9 g saturated fat), 90 mg cholesterol, 918 mg sodium, 41 g carbohydrate, 4 g fiber, 26 g protein.

CREAMY TACO DRESSING

2 Tbsp. equals 134 calories, 14 g fat (2 g saturated fat), 7 mg cholesterol, 185 mg sodium, 1 g carbohydrate, 0 fiber, trace protein.

CRESCENT ZUCCHINI PIE

1 piece equals 413 calories, 30 g fat (16 g saturated fat), 128 mg cholesterol, 849 mg sodium, 22 g carbohydrate, 1 g fiber, 15 g protein.

CRUMB-COATED RED SNAPPER

1 fillet equals 288 calories, 10 g fat (2 g saturated fat), 62 mg cholesterol, 498 mg sodium, 10 g carbohydrate, trace fiber, 36 g protein. **Diabetic Exchanges:** 5 lean meat, 1 fat, 1/2 starch.

CRUNCHY ROMAIN STRAWBERRY SALAD

1 cup equals 200 calories, 16 g fat (4 g saturated fat), 10 mg cholesterol, 81 mg sodium, 13 g carbohydrate, 2 g fiber, 4 g protein.

CURRIED CHICKEN SALAD

1 cup equals 364 calories, 22 g fat (4 g saturated fat), 90 mg cholesterol, 185 mg sodium, 14 g carbohydrate, 1 g fiber, 27 g protein.

DUNKED STRAWBERRIES

3 dipped strawberries equals 187 calories, 5 g fat (4 g saturated fat), 20 mg cholesterol, 21 mg sodium, 33 g carbohydrate, 1 g fiber, 1 g protein.

FAMILY-FAVORITE BEEF ROAST

5 oz. cooked beef with 1/2 cup gravy equals 409 calories, 21 g fat (8 g saturated fat), 131 mg cholesterol, 740 mg sodium, 13 g carbohydrate, 1 g fiber, 40 g protein.

FIRE-ROASTED SALSA

2 Tbsp. equals 13 calories, trace fat (trace saturated fat), 0 cholesterol, 141 mg sodium, 3 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** Free food.

FOOLPROOF MUSHROOMS

1 appetizer equals 24 calories, 2 g fat (2 g saturated fat), 6 mg cholesterol, 38 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein.

FRENCH QUARTER CHEESE SPREAD

1/4 cup (calculated without crackers) equals 280 calories, 26 g fat (11 g saturated fat), 46 mg cholesterol, 138 mg sodium, 10 g carbohydrate, 1 g fiber, 4 g protein.

FRENCH VANILLA MOCHA

1 cup equals 274 calories, 12 g fat (2 g saturated fat), 14 mg cholesterol, 116 mg sodium, 34 g carbohydrate, 0 fiber, 7 g protein.

FRIED RICE OMELET

1 omelet equals 448 calories, 28 g fat (12 g saturated fat), 692 mg cholesterol, 941 mg sodium, 18 g carbohydrate, 1 g fiber, 32 g protein.

GARLIC BUTTER SHRIMP

1 serving (calculated without rice) equals 191 calories, 12 g fat (7 g saturated fat), 199 mg cholesterol, 309 mg sodium, 1 g carbohydrate, trace fiber, 18 g protein.

GARLIC BUTTER TOPPING

2-1/4 tsp. butter equals 77 calories, 9 g fat (5 g saturated fat), 23 mg cholesterol, 61 mg sodium, trace carbohydrate, trace fiber, trace protein.

GARLIC CHICKEN BREASTS

1 chicken breast half equals 289 calories, 10 g fat (5 g saturated fat), 112 mg cholesterol, 1,668 mg sodium, 5 g carbohydrate, 0 fiber, 42 g protein.

GREEN BEANS WITH TOMATOES & BASIL

3/4 cup equals 83 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 240 mg sodium, 9 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

GRILLED ASIAN STEAK

3 oz. cooked steak equals 179 calories, 8 g fat (4 g saturated fat), 54 mg cholesterol, 584 mg sodium, 1 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat.

HAM & CHEESE ZITI

1-1/2 cups equals 676 calories, 28 g fat (17 g saturated fat), 106 mg cholesterol, 1,306 mg sodium, 70 g carbohydrate, 4 g fiber, 37 g protein.

HAM AND SWISS OMELET

1 omelet equals 530 calories, 40 g fat (19 g saturated fat), 726 mg cholesterol, 1,551 mg sodium, 4 g carbohydrate, trace fiber, 39 g protein.

HAWAIIAN CHEESE BREAD

1 serving equals 199 calories, 12 g fat (7 g saturated fat), 38 mg cholesterol, 314 mg sodium, 17 g carbohydrate, 1 g fiber, 7 g protein.

HOT FUDGE SAUCE

2-1/2 Tbsp. equals 191 calories, 10 g fat (6 g saturated fat), 8 mg cholesterol, 29 mg sodium, 27 g carbohydrate, 2 g fiber, 3 g protein.

ICED SKINNY HAZELNUT LATTE

3/4 cup equals 135 calories, 2 g fat (trace saturated fat), 4 mg cholesterol, 125 mg sodium, 22 g carbohydrate, 0 fiber, 7 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat-free milk.

ITALIAN BRUNCH BAKE

1 piece equals 373 calories, 20 g fat (9 g saturated fat), 255 mg cholesterol, 839 mg sodium, 23 g carbohydrate, 3 g fiber, 24 g protein.

ITALIAN OMELET 1 OMELET

(calculated without marinara sauce) equals 523 calories, 40 g fat (16 g saturated fat), 681 mg cholesterol, 830 mg sodium, 14 g carbohydrate, 2 g fiber, 29 g protein.

ITALIAN ROAST BEEF SANDWICHES

1 sandwich equals 571 calories, 21 g fat (4 g saturated fat), 40 mg cholesterol, 1,605 mg sodium, 76 g carbohydrate, 6 g fiber, 27 g protein.

LEMON-CHICKEN VELVET SOUP

1-1/4 cup equals 352 calories, 18 g fat (10 g saturated fat), 131 mg cholesterol, 730 mg sodium, 13 g carbohydrate, 2 g fiber, 37 g protein.

LEMON-DILL COUSCOUS

1 cup equals 249 calories, 1 g fat (trace saturated fat), 0 cholesterol, 302 mg sodium, 53 g carbohydrate, 3 g fiber, 10 g protein.

MAKEOVER CHOCOLATE TRUFFLE DESSERT

1 slice equals 490 calories, 34 g fat (17 g saturated fat), 67 mg cholesterol, 175 mg sodium, 46 g carbohydrate, 3 g fiber, 4 g protein.

MAPLE BALSAMIC DRESSING

2 Tbsp. dressing equals 303 calories, 17 g fat (4 g saturated fat), 56 mg cholesterol, 56 mg sodium, 19 g carbohydrate, 3 g fiber, 20 g protein.

MEATBALL SUB

1 piece equals 336 calories, 11 g fat (6 g saturated fat), 78 mg cholesterol, 220 mg sodium, 56 g carbohydrate, 1 g fiber, 4 g protein.

MEXICAN GRILLED CHEESE SANDWICHES

1 sandwich equals 402 calories, 22 g fat (10 g saturated fat), 36 mg cholesterol, 892 mg sodium, 39 g carbohydrate, 4 g fiber, 11 g protein.

MEXICAN LASAGNA

1 piece equals 396 calories, 22 g fat (12 g saturated fat), 124 mg cholesterol, 757 mg sodium, 23 g carbohydrate, 2 g fiber, 30 g protein.

MIMOSA ROASTED CHICKEN

6 oz. cooked chicken with about 2 Tbsp. gravy equals 731 calories, 41 g fat (15 g saturated fat), 204 mg cholesterol, 798 mg sodium, 17 g carbohydrate, 2 g fiber, 58 g protein.

MINI REUBEN CASSEROLES

1 serving equals 650 calories, 41 g fat (15 g saturated fat), 130 mg cholesterol, 1,782 mg sodium, 31 g carbohydrate, 5 g fiber, 37 g protein.

MINTED SUGAR SNAP PEAS

3/4 cup equals 76 calories, 3 g fat (trace saturated fat), 0 cholesterol, 154 mg sodium, 10 g carbohydrate, 4 g fiber, 4 g protein. **Diabetic Exchanges:** 2 vegetable, 1/2 fat.

MOIST TURKEY BREAST WITH WHITE WINE GRAVY

5 oz. cooked turkey with 3 Tbsp. gravy equals 238 calories, 3 g fat (1 g saturated fat), 113 mg cholesterol, 102 mg sodium, 7 g carbohydrate, 1 g fiber, 43 g protein. **Diabetic Exchanges:** 6 lean meat, 1/2 starch.

MOZZARELLA STICKS

1 mozzarella stick (calculated without marinara sauce) equals 241 calories, 14 g fat (5 g saturated fat), 23 mg cholesterol, 423 mg sodium, 19 g carbohydrate, 1 g fiber, 10 g protein.

NUTTY BROCCOLI

1 cup equals 284 calories, 26 g fat (11 g saturated fat), 42 mg cholesterol, 256 mg sodium, 8 g carbohydrate, 5 g fiber, 9 g protein.

ONION RINGS

1 onion ring equals 130 calories, 4 g fat (4 g saturated fat), trace cholesterol, 30 mg sodium, 22 g carbohydrate, trace fiber, 1 g protein.

ORANGE MARMALADE CAKE SAUCE

1 cake slice with 1/4 cup sauce equals 271 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 286 mg sodium, 56 g carbohydrate, 1 g fiber, 2 g protein.

OVER-THE-TOP BLUEBERRY BREAD PUDDING

1 piece with about 2 Tbsp. sauce equals 869 calories, 54 g fat (33 g saturated fat), 195 mg cholesterol, 344 mg sodium, 89 g carbohydrate, 1 g fiber, 11 g protein.

PARMESAN-COATED BRIE

2 Tbsp. (calculated without crackers and fruit) equals 202 calories, 16 g fat (6 g saturated fat), 57 mg cholesterol, 333 mg sodium, 5 g carbohydrate, trace fiber, 9 g protein.

PEACHY GREEN BEANS

3/4 cup equals 106 calories, trace fat (trace saturated fat), 0 cholesterol, 6 mg sodium, 27 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1 vegetable.

PEANUT BUTTER AND JELLY OMELET

1 omelet (calculated without confectioners' sugar) equals 639 calories, 43 g fat (15 g saturated fat), 665 mg cholesterol, 736 mg sodium, 42 g carbohydrate, 3 g fiber, 27 g protein.

PEANUT BUTTER CLUSTERS

1 piece equals 96 calories, 6 g fat (2 g saturated fat), 1 mg cholesterol, 70 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

PESTO HALIBUT

1 fillet equals 188 calories, 7 g fat (1 g saturated fat), 36 mg cholesterol, 481 mg sodium, 5 g carbohydrate, trace fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fat.

POTATO AND MUSHROOM GRATIN

3/4 cup equals 426 calories, 25 g fat (15 g saturated fat), 81 mg cholesterol, 326 mg sodium, 41 g carbohydrate, 3 g fiber, 11 g protein.

POTATO BACON OMELET

1 omelet equals 560 calories, 40 g fat (20 g saturated fat), 709 mg cholesterol, 1,052 mg sodium, 20 g carbohydrate, 2 g fiber, 31 g protein.

PULL-APART CARAMEL COFFEE CAKE

1 slice equals 240 calories, 5 g fat (3 g saturated fat), 14 mg cholesterol, 496 mg sodium, 45 g carbohydrate, trace fiber, 5 g protein.

QUICK SWEET-AND-SOUR CHICKEN

1-1/2 cups chicken mixture with 1/2 cup rice and 1 Tbsp. cashews equals 717 calories, 29 g fat (8 g saturated fat), 75 mg cholesterol, 1,258 mg sodium, 83 g carbohydrate, 5 g fiber, 28 g protein.

RED PEPPER CORN

3/4 cup equals 130 calories, 2 g fat (trace saturated fat), 0 cholesterol, 466 mg sodium, 30 g carbohydrate, 4 g fiber, 4 g protein. **Diabetic Exchanges:** 2 starch.

RHUBARB STRAWBERRY GRANITA

1 serving equals 128 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 31 g carbohydrate, trace fiber, trace protein.

ROASTED ROSEMARY POTATOES

3/4 cup equals 268 calories, 15 g fat (2 g saturated fat), 7 mg cholesterol, 499 mg sodium, 31 g carbohydrate, 2 g fiber, 3 g protein.

SHRIMP & AVOCADO SALADS

1 serving equals 489 calories, 35 g fat (5 g saturated fat), 138 mg cholesterol, 638 mg sodium, 24 g carbohydrate, 8 g fiber, 24 g protein.

SMOKED SALMON EGG SALAD

1 sandwich equals 533 calories, 40 g fat (11 g saturated fat), 265 mg cholesterol, 889 mg sodium, 27 g carbohydrate, 2 g fiber, 15 g protein.

SNICKERS COOKIES

1 cookie equals 123 calories, 5 g fat (2 g saturated fat), 6 mg cholesterol, 59 mg sodium, 17 g carbohydrate, trace fiber, 2 g protein.

SODA POP CHOPS WITH SMASHED POTATOES

1 pork chop with 1/2 cup potatoes and 1/3 cup sauce equals 637 calories, 29 g fat (11 g saturated fat), 112 mg cholesterol, 1,222 mg sodium, 59 g carbohydrate, 4 g fiber, 36 g protein.

SOUTHWEST FISH TACOS

2 tacos equals 492 calories, 28 g fat (11 g saturated fat), 122 mg cholesterol, 919 mg sodium, 24 g carbohydrate, 3 g fiber, 35 g protein.

SPANISH COFFEE

3/4 cup (calculated without whipped cream and chocolate) equals 135 calories, trace fat (trace saturated fat), 0 cholesterol, 6 mg sodium, 20 g carbohydrate, 0 fiber, trace protein.

SPRING MORNING CASSEROLE

1 piece equals 289 calories, 14 g fat (8 g saturated fat), 178 mg cholesterol, 612 mg sodium, 27 g carbohydrate, 1 g fiber, 15 g protein.

STOUT & HONEY BEEF ROAST

1 serving equals 894 calories, 33 g fat (13 g saturated fat), 221 mg cholesterol, 952 mg sodium, 73 g carbohydrate, 6 g fiber, 72 g protein.

TANGY TURKEY SAUTE

2 cutlets with 1/3 cup sauce equals 240 calories, 11 g fat (1 g saturated fat), 9 mg cholesterol, 428 mg sodium, 16 g carbohydrate, 1 g fiber, 6 g protein.

TATER TOT CASSEROLES

1 piece equals 370 calories, 22 g fat (8 g saturated fat), 48 mg cholesterol, 1,085 mg sodium, 30 g carbohydrate, 3 g fiber, 16 g protein.

TEX-MEX CHICKEN WITH BLACK BEANS & RICE

1 serving equals 590 calories, 26 g fat (12 g saturated fat), 139 mg cholesterol, 1,461 mg sodium, 46 g carbohydrate, 4 g fiber, 38 g protein.

THAI FRIED CHICKEN

8 oz. cooked chicken with 3 Tbsp. sauce equals 489 calories, 26 g fat (10 g saturated fat), 88 mg cholesterol, 854 mg sodium, 30 g carbohydrate, 1 g fiber, 32 g protein.

THAI TURKEY SALAD PITAS

2 filled pita halves equals 418 calories, 11 g fat (2 g saturated fat), 60 mg cholesterol, 929 mg sodium, 54 g carbohydrate, 5 g fiber, 29 g protein.

THREE-CHEESE & PEPPER PENNE

1-1/3 cups equals 534 calories, 21 g fat (12 g saturated fat), 87 mg cholesterol, 1,002 mg sodium, 47 g carbohydrate, 2 g fiber, 37 g protein.

TOMATO AND GREEN PEPPER OMELET

1 omelet equals 424 calories, 35 g fat (13 g saturated fat), 665 mg cholesterol, 591 mg sodium, 8 g carbohydrate, 2 g fiber, 20 g protein.

TURKEY STIR-FRY WITH CABBAGE

1-1/4 cups stir-fry with 1 cup cabbage equals 410 calories, 10 g fat (2 g saturated fat), 69 mg cholesterol, 803 mg sodium, 42 g carbohydrate, 5 g fiber, 38 g protein.

WHIPPED BANANA LATTE

1 cup equals 149 calories, 4 g fat (2 g saturated fat), 18 mg cholesterol, 24 mg sodium, 27 g carbohydrate, 1 g fiber, 2 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.