

Avocado Chicken Salad

1 cup equals 416 calories, 30 g fat (7 g saturated fat), 95 mg cholesterol, 267 mg sodium, 10 g carbohydrate, 6 g fiber, 27 g protein.

Bacon & Tomato-Topped Haddock

1 fillet equals 405 calories, 22 g fat (6 g saturated fat), 123 mg cholesterol, 514 mg sodium, 13 g carbohydrate, 1 g fiber, 8 g protein.

Berry Breakfast Smoothies

1 cup equals 141 calories, 1 g fat (1 g saturated fat), 3 mg cholesterol, 39 mg sodium, 31 g carbohydrate, 2 g fiber, 4 g protein.

Big Daddy's BBQ Ribs

1 serving equals 1,027 calories, 67 g fat (24 g saturated fat), 255 mg cholesterol, 2,071 mg sodium, 40 g carbohydrate, 3 g fiber, 64 g protein.

Blueberry Cheesecake Parfait

1 parfait equals 458 calories, 11 g fat (4 g saturated fat), 30 mg cholesterol, 238 mg sodium, 77 g carbohydrate, 3 g fiber, 13 g protein.

Bourbon Brat Skewers

1 skewer equals 346 calories, 22 g fat (8 g saturated fat), 56 mg cholesterol, 1,998 mg sodium, 17 g carbohydrate, 3 g fiber, 15 g protein.

Breakfast Biscuit Cups

1 biscuit cup equals 303 calories, 18 g fat (6 g saturated fat), 72 mg cholesterol, 774 mg sodium, 26 g carbohydrate, 1 g fiber, 9 g protein.

Broccoli-Apple Salad

$\frac{3}{4}$ cup equals 245 calories, 20 g fat (4 g saturated fat), 15 mg cholesterol, 215 mg sodium, 15 g carbohydrate, 2 g fiber, 3 g protein.

Caesar Tortellini Salad

1 cup equals 418 calories, 28 g fat (9 g saturated fat), 45 mg cholesterol, 966 mg sodium, 27 g carbohydrate, 4 g fiber, 15 g protein.

Caribbean Shrimp Spring Rolls

2 spring rolls (calculated without rice and sweet-and-sour sauce) equals 271 calories, 8 g fat (3 g saturated fat), 138 mg cholesterol, 460 mg sodium, 26 g carbohydrate, 3 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, $\frac{1}{2}$ starch, 1 fat.

Chili Baked Brie

1 piece equals 122 calories, 5 g fat (3 g saturated fat), 14 mg cholesterol, 249 mg sodium, 15 g carbohydrate, 1 g fiber, 6 g protein.

Chili-Cheese Egg Rolls

1 egg roll (calculated without optional ingredients) equals 284 calories, 17 g fat (4 g saturated fat), 26 mg cholesterol, 487 mg sodium, 23 g carbohydrate, 1 g fiber, 10 g protein.

Chipotle-Honey Grilled T-Bones

1 steak with 1 Tbsp. remaining marinade equals 490 calories, 18 g fat (6 g saturated fat), 99 mg cholesterol, 748 mg sodium, 34 g carbohydrate, 1 g fiber, 48 g protein.

Chipotle-Orange Pork Chops

1 pork chop with 2 tsp. sauce equals 289 calories, 9 g fat (3 g saturated fat), 86 mg cholesterol, 398 mg sodium, 21 g carbohydrate, trace fiber, 31 g protein.

Chocolate Caramel Cookies

1 cookie equals 84 calories, 3 g fat (1 g saturated fat), 6 mg cholesterol, 118 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g protein.

Chocolate Frosted Peanut Butter Cupcakes

1 cupcake equals 289 calories, 18 g fat (8 g saturated fat), 43 mg cholesterol, 217 mg sodium, 32 g carbohydrate, 1 g fiber, 4 g protein.

Cornmeal-Wheat Pancakes

3 pancakes with 2 Tbsp. honey butter equals 538 calories, 29 g fat (10 g saturated fat), 140 mg cholesterol, 1,141 mg sodium, 60 g carbohydrate, 3 g fiber, 12 g protein.

Crab-Stuffed Tilapia

1 stuffed tilapia equals 608 calories, 47 g fat (21 g saturated fat), 248 mg cholesterol, 894 mg sodium, 9 g carbohydrate, 1 g fiber, 40 g protein.

Creamy Lemon Cake Bars

1 bar equals 370 calories, 21 g fat (11 g saturated fat), 70 mg cholesterol, 375 mg sodium, 44 g carbohydrate, 0 fiber, 3 g protein.

Deep-Fried Candy Bars on a Stick

1 fried candy bar (calculated without confectioners' sugar) equals 136 calories, 7 g fat (2 g saturated fat), 11 mg cholesterol, 130 mg sodium, 16 g carbohydrate, 1 g fiber, 2 g protein.

Easy Hummus

$\frac{1}{4}$ cup (calculated without chips) equals 107 calories, 5 g fat (trace saturated fat), 0 cholesterol, 318 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g protein.

Florentine Meatballs

1 cup (calculated without spaghetti) equals 403 calories, 19 g fat (6 g saturated fat), 130 mg cholesterol, 1,197 mg sodium, 27 g carbohydrate, 6 g fiber, 32 g protein.

Fresh Peach Lemonade

1 cup equals 182 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 48 g carbohydrate, 1 g fiber, trace protein.

Fresh Tomato Bruschetta

1 appetizer equals 81 calories, 5 g fat (2 g saturated fat), 9 mg cholesterol, 95 mg sodium, 7 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 fat, $\frac{1}{2}$ starch.

Frozen Macaroon Dessert

1 piece equals 501 calories, 32 g fat (15 g saturated fat), 33 mg cholesterol, 162 mg sodium, 48 g carbohydrate, 3 g fiber, 6 g protein.

Game-Night Nacho Pizza

1 slice (calculated without optional ingredients) equals 370 calories, 13 g fat (5 g saturated fat), 30 mg cholesterol, 1,103 mg sodium, 46 g carbohydrate, 3 g fiber, 18 g protein.

Garlic-Cheese Flat Bread

1 piece equals 146 calories, 8 g fat (4 g saturated fat), 19 mg cholesterol, 317 mg sodium, 13 g carbohydrate, trace fiber, 6 g protein.

Green Chili Grilled Cheese Sandwiches

1 sandwich equals 455 calories, 31 g fat (14 g saturated fat), 59 mg cholesterol, 894 mg sodium, 26 g carbohydrate, 4 g fiber, 16 g protein.

Green Sherbet Froggie

1 serving equals 119 calories, 2 g fat (1 g saturated fat), 0 cholesterol, 34 mg sodium, 26 g carbohydrate, 3 g fiber, 1 g protein.

Grilled Honey-Lime Chicken

1 chicken breast half equals 286 calories, 9 g fat (1 g saturated fat), 94 mg cholesterol, 476 mg sodium, 15 g carbohydrate, trace fiber, 34 g protein. **Diabetic Exchanges:** 5 lean meat, 1 starch, 1 fat.

Grilled Pepperoni Pizza Sandwiches

1 sandwich equals 439 calories, 27 g fat (14 g saturated fat), 63 mg cholesterol, 964 mg sodium, 33 g carbohydrate, 2 g fiber, 15 g protein.

Grilled Potato Packets

$\frac{3}{4}$ cup equals 165 calories, 8 g fat (5 g saturated fat), 23 mg cholesterol, 388 mg sodium, 17 g carbohydrate, 2 g fiber, 6 g protein. **Diabetic Exchanges:** 2 fat, 1 starch.

Grilled Stuffed Peppers

1 stuffed pepper half equals 287 calories, 16 g fat (6 g saturated fat), 97 mg cholesterol, 330 mg sodium, 12 g carbohydrate, 2 g fiber, 23 g protein.

Ham and Avocado Scramble

1 cup equals 407 calories, 31 g fat (13 g saturated fat), 475 mg cholesterol, 789 mg sodium, 8 g carbohydrate, 3 g fiber, 26 g protein.

Italian Stroganoff

1 cup (calculated without noodles) equals 439 calories, 25 g fat (12 g saturated fat), 166 mg cholesterol, 943 mg sodium, 20 g carbohydrate, 4 g fiber, 32 g protein.

Just Peachy Pork Tenderloin

1 serving equals 241 calories, 6 g fat (2 g saturated fat), 63 mg cholesterol, 340 mg sodium, 23 g carbohydrate, 2 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, $\frac{1}{2}$ fruit, $\frac{1}{2}$ fat.

Lemon & Rosemary Shortbread Cookies

1 cookie equals 31 calories, 2 g fat (1 g saturated fat), 5 mg cholesterol, 20 mg sodium, 3 g carbohydrate, trace fiber, trace protein.

Meat-atarian Sub

1 slice equals 833 calories, 53 g fat (21 g saturated fat), 113 mg cholesterol, 2,321 mg sodium, 47 g carbohydrate, 2 g fiber, 40 g protein.

Mexican Chicken Alfredo

$1\frac{1}{2}$ cups equals 559 calories, 20 g fat (11 g saturated fat), 102 mg cholesterol, 899 mg sodium, 55 g carbohydrate, 3 g fiber, 40 g protein.

Mexican-Seasoned Grilled Chicken

6 oz. cooked chicken equals 282 calories, 18 g fat (6 g saturated fat), 98 mg cholesterol, 1,506 mg sodium, trace carbohydrate, trace fiber, 28 g protein.

Mom's Celery Seed Brisket

5 oz. cooked beef with $\frac{1}{2}$ cup gravy equals 262 calories, 7 g fat (3 g saturated fat), 72 mg cholesterol, 425 mg sodium, 10 g carbohydrate, 1 g fiber, 36 g protein. **Diabetic Exchanges:** 5 lean meat, 1 vegetable.

Orange Turkey Croissants

1 sandwich equals 479 calories, 25 g fat (11 g saturated fat), 80 mg cholesterol, 1,165 mg sodium, 43 g carbohydrate, 3 g fiber, 21 g protein.

Orzo Pilaf with Mushrooms

$\frac{3}{4}$ cup equals 275 calories, 8 g fat (1 g saturated fat), 2 mg cholesterol, 600 mg sodium, 42 g carbohydrate, 2 g fiber, 9 g protein.

Peanut Butter Blondies

1 bar equals 173 calories, 9 g fat (3 g saturated fat), 34 mg cholesterol, 129 mg sodium, 20 g carbohydrate, 1 g fiber, 4 g protein.

Pepperoni Pizza Chili

1 cup chili with $\frac{1}{4}$ cup cheese equals 464 calories, 28 g fat (11 g saturated fat), 94 mg cholesterol, 1,240 mg sodium, 21 g carbohydrate, 5 g fiber, 33 g protein.

Pina Colada Jam

2 Tbsp. equals 100 calories, trace fat (trace saturated fat), 0 cholesterol, 8 mg sodium, 25 g carbohydrate, trace fiber, trace protein.

Poppy Seed Slaw

$\frac{3}{4}$ cup equals 348 calories, 23 g fat (2 g saturated fat), 12 mg cholesterol, 681 mg sodium, 30 g carbohydrate, 2 g fiber, 3 g protein.

Porcini-Crusted Pork with Polenta

1 pork chop with $\frac{2}{3}$ cup polenta equals 397 calories, 14 g fat (5 g saturated fat), 94 mg cholesterol, 825 mg sodium, 26 g carbohydrate, 3 g fiber, 38 g protein. **Diabetic Exchanges:** 5 lean meat, $1\frac{1}{2}$ starch.

Pork Fried Rice

$1\frac{1}{3}$ cups equals 366 calories, 8 g fat (3 g saturated fat), 149 mg cholesterol, 869 mg sodium, 47 g carbohydrate, 2 g fiber, 24 g protein.

Portobello-Gouda Grilled Sandwiches

1 sandwich equals 498 calories, 31 g fat (19 g saturated fat), 100 mg cholesterol, 984 mg sodium, 35 g carbohydrate, 5 g fiber, 21 g protein.

Provençal Bean Salad

$\frac{3}{4}$ cup equals 102 calories, 5 g fat (1 g saturated fat), 4 mg cholesterol, 321 mg sodium, 12 g carbohydrate, 4 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat, $\frac{1}{2}$ starch.

Pulled Pork Taters

1 serving equals 795 calories, 29 g fat (18 g saturated fat), 145 mg cholesterol, 1,677 mg sodium, 89 g carbohydrate, 7 g fiber, 44 g protein.

Raspberry Grilled Cheese

1 sandwich equals 637 calories, 41 g fat (22 g saturated fat), 100 mg cholesterol, 920 mg sodium, 48 g carbohydrate, 3 g fiber, 20 g protein.

Rocky Road Grilled Banana Splits

1 serving (calculated without whipped cream) equals 589 calories, 25 g fat (15 g saturated fat), 42 mg cholesterol, 126 mg sodium, 88 g carbohydrate, 7 g fiber, 9 g protein.

Salsa Black Bean Burgers

1 burger (calculated without optional ingredients) equals 323 calories, 8 g fat (1 g saturated fat), 53 mg cholesterol, 557 mg sodium, 51 g carbohydrate, 9 g fiber, 13 g protein.

Sausage Lasagna Rolls

1 lasagna roll equals 380 calories, 18 g fat (8 g saturated fat), 64 mg cholesterol, 1,113 mg sodium, 34 g carbohydrate, 3 g fiber, 21 g protein.

Sauteed Spinach

$\frac{3}{4}$ cup equals 98 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 544 mg sodium, 6 g carbohydrate, 3 g fiber, 4 g protein.

Savory Mushroom & Herb Pork Roast

5 oz. cooked pork with $\frac{1}{2}$ cup gravy (calculated without French-fried onions) equals 335 calories, 19 g fat (7 g saturated fat), 103 mg cholesterol, 533 mg sodium, 9 g carbohydrate, 2 g fiber, 30 g protein.

Shrimp Linguine with Parmesan Cream Sauce

$1\frac{1}{3}$ cups equals 567 calories, 35 g fat (16 g saturated fat), 149 mg cholesterol, 240 mg sodium, 45 g carbohydrate, 2 g fiber, 20 g protein.

Sloppy Pizza Joes

1 sandwich equals 435 calories, 19 g fat (8 g saturated fat), 86 mg cholesterol, 825 mg sodium, 29 g carbohydrate, 3 g fiber, 35 g protein.

Slow Cooker Chicken Curry

1 chicken breast with $\frac{3}{4}$ cup rice and $\frac{3}{4}$ cup sauce equals 486 calories, 6 g fat (1 g saturated fat), 103 mg cholesterol, 1,132 mg sodium, 59 g carbohydrate, 7 g fiber, 46 g protein.

Spicy Tomato Pork Chops

1 pork chop with $\frac{1}{3}$ cup sauce equals 257 calories, 12 g fat (3 g saturated fat), 68 mg cholesterol, 328 mg sodium, 8 g carbohydrate, 2 g fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1 fat.

Steak House Burgers

1 burger (calculated without optional ingredients) equals 833 calories, 55 g fat (22 g saturated fat), 163 mg cholesterol, 1,143 mg sodium, 36 g carbohydrate, 4 g fiber, 48 g protein.

Strawberry Breakfast Shortcakes

2 waffles with $\frac{1}{2}$ cup strawberries and $\frac{1}{4}$ cup yogurt (calculated without syrup) equals 230 calories, 8 g fat (4 g saturated fat), 15 mg cholesterol, 466 mg sodium, 36 g carbohydrate, 4 g fiber, 7 g protein. **Diabetic Exchanges:** 2 starch, 1 fat, $\frac{1}{2}$ fruit.

Strawberry Pies

1 piece equals 256 calories, 11 g fat (6 g saturated fat), 8 mg cholesterol, 153 mg sodium, 35 g carbohydrate, 1 g fiber, 3 g protein.

Summer Carbonara

$1\frac{1}{2}$ cups equals 508 calories, 17 g fat (5 g saturated fat), 96 mg cholesterol, 732 mg sodium, 66 g carbohydrate, 4 g fiber, 23 g protein.

Summer Turkey Salads

1 serving equals 445 calories, 30 g fat (4 g saturated fat), 92 mg cholesterol, 271 mg sodium, 27 g carbohydrate, 4 g fiber, 21 g protein.

Tequila-Lime Fruit Salad

$\frac{3}{4}$ cup equals 139 calories, 1 g fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 33 g carbohydrate, 3 g fiber, 1 g protein.

Three-Berry Freezer Jam

2 Tbsp. equals 92 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 24 g carbohydrate, 1 g fiber, trace protein.

Tomato Olive Quiche

1 slice equals 411 calories, 33 g fat (16 g saturated fat), 123 mg cholesterol, 600 mg sodium, 20 g carbohydrate, 1 g fiber, 11 g protein.

Tomato-Basil Grilled Cheese Sandwiches

1 sandwich equals 275 calories, 13 g fat (8 g saturated fat), 30 mg cholesterol, 605 mg sodium, 28 g carbohydrate, 2 g fiber, 12 g protein.

Touchdown Brat Sliders

1 slider equals 354 calories, 24 g fat (10 g saturated fat), 62 mg cholesterol, 617 mg sodium, 23 g carbohydrate, 2 g fiber, 10 g protein.

Turkey Penne with Lemon Cream Sauce

$1\frac{1}{2}$ cups equals 528 calories, 25 g fat (16 g saturated fat), 136 mg cholesterol, 594 mg sodium, 43 g carbohydrate, 4 g fiber, 28 g protein.

Unstuffed Jalapeno Popper Burgers

1 burger equals 701 calories, 47 g fat (22 g saturated fat), 161 mg cholesterol, 1,099 mg sodium, 33 g carbohydrate, 5 g fiber, 39 g protein.

Vegetable-Stuffed Grilled Portobellos

1 stuffed mushroom equals 350 calories, 27 g fat (11 g saturated fat), 35 mg cholesterol, 395 mg sodium, 24 g carbohydrate, 6 g fiber, 7 g protein.

Very Berry Bruschetta

1 serving (calculated without whipped cream) equals 291 calories, 17 g fat (11 g saturated fat), 96 mg cholesterol, 238 mg sodium, 34 g carbohydrate, 4 g fiber, 4 g protein.

Warm Szechuan Shrimp and Spinach Salad

2 cups equals 187 calories, 8 g fat (1 g saturated fat), 110 mg cholesterol, 468 mg sodium, 10 g carbohydrate, 4 g fiber, 20 g protein. **Diabetic Exchanges:** 2 lean meat, 1 fat, $\frac{1}{2}$ starch.

How We Calculate Nutrition Facts

- When a choice of ingredients is given in a recipe (such as $\frac{1}{3}$ 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.