

APPLE-STUFFED PORK TENDERLOINS

3 oz. cooked stuffed pork with 3 Tbsp. sauce equals 200 calories, 6 g fat (2 g saturated fat), 63 mg cholesterol, 243 mg sodium, 13 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 fruit.

APRICOT & WHITE CHOCOLATE COFFEE CAKE

1 slice equals 245 calories, 11 g fat (4 g saturated fat), 25 mg cholesterol, 332 mg sodium, 35 g carbohydrate, trace fiber, 3 g protein.

APRICOT BAKED HAM

6 oz. cooked ham equals 291 calories, 16 g fat (6 g saturated fat), 57 mg cholesterol, 1,104 mg sodium, 16 g carbohydrate, trace fiber, 21 g protein.

APRICOT THUMBPRINTS

1 cookie equals 79 calories, 4 g fat (2 g saturated fat), 13 mg cholesterol, 97 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

ASIAN CHICKEN SKILLET

1-1/2 cups equals 397 calories, 9 g fat (4 g saturated fat), 78 mg cholesterol, 955 mg sodium, 49 g carbohydrate, 6 g fiber, 31 g protein.

BACON-WRAPPED APRICOT BITES

1 appetizer with about 1 tsp. sauce equals 47 calories, 1 g fat (trace saturated fat), 3 mg cholesterol, 105 mg sodium, 8 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 1/2 starch.

BAKED FRUIT COMPOTE

3/4 cup (calculated without optional ingredients) equals 257 calories, 8 g fat (5 g saturated fat), 22 mg cholesterol, 75 mg sodium, 46 g carbohydrate, 2 g fiber, 1 g protein.

BARBECUE CHICKEN TACOS

2 tacos equals 570 calories, 29 g fat (8 g saturated fat), 113 mg cholesterol, 1,906 mg sodium, 53 g carbohydrate, 2 g fiber, 33 g protein.

BEEF & TORTELLINI MARINARA WITH GREEN BEANS

1 cup equals 310 calories, 10 g fat (3 g saturated fat), 37 mg cholesterol, 1,118 mg sodium, 29 g carbohydrate, 3 g fiber, 14 g protein.

BEEF AND WILD RICE MEDLEY

1 cup equals 327 calories, 10 g fat (2 g saturated fat), 63 mg cholesterol, 626 mg sodium, 33 g carbohydrate, 1 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1/2 fat.

BEEF 'N' TURKEY MEAT LOAF

1 slice equals 240 calories, 9 g fat (3 g saturated fat), 79 mg cholesterol, 808 mg sodium, 16 g carbohydrate, 2 g fiber, 23 g protein.

BLEND OF THE BAYOU

1 cup equals 366 calories, 23 g fat (13 g saturated fat), 164 mg cholesterol, 981 mg sodium, 17 g carbohydrate, 2 g fiber, 23 g protein.

BLUEBERRY COBBLER

2/3 cup (calculated without ice cream) equals 449 calories, 14 g fat (7 g saturated fat), 20 mg cholesterol, 343 mg sodium, 79 g carbohydrate, 3 g fiber, 2 g protein.

BREAKFAST TORTAS

1 serving equals 677 calories, 24 g fat (8 g saturated fat), 244 mg cholesterol, 1,279 mg sodium, 94 g carbohydrate, 8 g fiber, 28 g protein.

BRIE AND SAUSAGE BRUNCH BAKE

1 piece equals 424 calories, 31 g fat (17 g saturated fat), 237 mg cholesterol, 779 mg sodium, 17 g carbohydrate, 1 g fiber, 19 g protein.

BROILED STEAKS WITH PARMESAN-SAGE POTATOES

1 steak with 2/3 cup potatoes and 2 Tbsp. onion equals 596 calories, 29 g fat (19 g saturated fat), 115 mg cholesterol, 1,355 mg sodium, 38 g carbohydrate, 5 g fiber, 44 g protein.

BROWN RICE PILAF

3/4 cup equals 229 calories, 9 g fat (2 g saturated fat), 5 mg cholesterol, 169 mg sodium, 32 g carbohydrate, 3 g fiber, 6 g protein.

BRUSSELS SPROUTS WITH BACON

2/3 cup equals 221 calories, 19 g fat (7 g saturated fat), 27 mg cholesterol, 219 mg sodium, 9 g carbohydrate, 4 g fiber, 7 g protein.

BUTTER ALMOND COOKIES

1 cookie equals 69 calories, 4 g fat (3 g saturated fat), 16 mg cholesterol, 73 mg sodium, 6 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

BUTTERNUT SQUASH SOUP

3/4 cup equals 135 calories, 7 g fat (5 g saturated fat), 22 mg cholesterol, 483 mg sodium, 17 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 starch.

BUTTERSCOTCH MULLED CIDER

1 cup equals 128 calories, 0 fat (0 saturated fat), 0 cholesterol, 22 mg sodium, 27 g carbohydrate, 0 fiber, 0 protein.

CAJUN SHRIMP LASAGNA ROLL-UPS

1 serving (2 pieces) equals 689 calories, 35 g fat (18 g saturated fat), 249 mg cholesterol, 1,425 mg sodium, 55 g carbohydrate, 3 g fiber, 41 g protein.

CARROTS WITH LEMON BUTTER

3/4 cup equals 91 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 276 mg sodium, 10 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchanges:** 2 vegetable, 1 fat.

CHAI TEA

1 cup equals 114 calories, 3 g fat (2 g saturated fat), 11 mg cholesterol, 43 mg sodium, 19 g carbohydrate, trace fiber, 3 g protein. **Diabetic Exchanges:** 1 starch.

CHEDDAR SEAFOOD CHOWDER

1 cup equals 372 calories, 21 g fat (11 g saturated fat), 111 mg cholesterol, 1,024 mg sodium, 19 g carbohydrate, 1 g fiber, 26 g protein.

CHERRY NUT COOKIES

1 cookie equals 132 calories, 7 g fat (4 g saturated fat), 14 mg cholesterol, 40 mg sodium, 16 g carbohydrate, 1 g fiber, 2 g protein.

CHICKEN & PEAR BUNDLES

1 bundle with 2 Tbsp. sauce equals 699 calories, 27 g fat (9 g saturated fat), 130 mg cholesterol, 545 mg sodium, 74 g carbohydrate, 7 g fiber, 40 g protein.

CHICKEN AND EGG HASH

1 serving equals 464 calories, 24 g fat (8 g saturated fat), 290 mg cholesterol, 751 mg sodium, 26 g carbohydrate, 3 g fiber, 35 g protein.

CHILI-APRICOT PORK CHOPS

1 pork chop equals 271 calories, 8 g fat (3 g saturated fat), 86 mg cholesterol, 497 mg sodium, 17 g carbohydrate, trace fiber, 30 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch.

CHINESE PORK 'N' NOODLES

1-1/2 cups equals 398 calories, 11 g fat (2 g saturated fat), 64 mg cholesterol, 550 mg sodium, 43 g carbohydrate, 3 g fiber, 30 g protein. **Diabetic Exchanges:** 3 lean meat, 2-1/2 starch, 1 vegetable, 1 fat.

CHIVE AND CHEESE BREADSTICKS

1 breadstick equals 137 calories, 6 g fat (3 g saturated fat), 15 mg cholesterol, 253 mg sodium, 14 g carbohydrate, 1 g fiber, 5 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

CIDER WASSAIL PUNCH

3/4 cup (calculated without optional ingredients) equals 203 calories, trace fat (trace saturated fat), 0 cholesterol, 18 mg sodium, 36 g carbohydrate, trace fiber, trace protein.

CIDER-GLAZED PORK CHOPS WITH CARROTS

1 pork chop with 4 carrot halves equals 326 calories, 13 g fat (4 g saturated fat), 63 mg cholesterol, 897 mg sodium, 23 g carbohydrate, 3 g fiber, 28 g protein.

CINNAMON ROLL COFFEE CAKE

1 piece (calculated without optional ingredients) equals 413 calories, 26 g fat (12 g saturated fat), 102 mg cholesterol, 468 mg sodium, 39 g carbohydrate, 2 g fiber, 7 g protein.

CRAB QUICHE

1 piece equals 582 calories, 48 g fat (27 g saturated fat), 300 mg cholesterol, 639 mg sodium, 20 g carbohydrate, trace fiber, 18 g protein.

CRANBERRY BBQ SAUCE

2 Tbsp. (calculated without cheese and crackers) equals 43 calories, trace fat (trace saturated fat), 0 cholesterol, 225 mg sodium, 10 g carbohydrate, 1 g fiber, trace protein.

CRANBERRY ORANGE CAKE

1 piece equals 460 calories, 27 g fat (9 g saturated fat), 85 mg cholesterol, 432 mg sodium, 49 g carbohydrate, trace fiber, 4 g protein.

CRANBERRY ORANGE PANCAKES

3 pancakes with about 1/4 cup syrup equals 574 calories, 17 g fat (7 g saturated fat), 177 mg cholesterol, 1,055 mg sodium, 94 g carbohydrate, 3 g fiber, 12 g protein.

CRANBERRY-DIJON PORK ROAST

4 oz. cooked pork with 1/3 cup sauce equals 337 calories, 11 g fat (5 g saturated fat), 85 mg cholesterol, 388 mg sodium, 29 g carbohydrate, 1 g fiber, 30 g protein.

CRANBERRY-GINGER PORK RIBS

4 oz. cooked pork with about 1/4 cup cooking juices (calculated without rice) equals 334 calories, 16 g fat (5 g saturated fat), 81 mg cholesterol, 220 mg sodium, 21 g carbohydrate, 1 g fiber, 25 g protein.

CREOLE CHICKEN

1 chicken breast half with 2/3 cup sauce and 1/2 cup rice equals 320 calories, 5 g fat (1 g saturated fat), 63 mg cholesterol, 447 mg sodium, 41 g carbohydrate, 3 g fiber, 27 g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1/2 fat.

CRUSTLESS QUICHE BAKE

1 piece equals 788 calories, 60 g fat (32 g saturated fat), 390 mg cholesterol, 866 mg sodium, 5 g carbohydrate, 1 g fiber, 57 g protein.

DILL POTATO WEDGES

3/4 cup equals 129 calories, 4 g fat (1 g saturated fat), 2 mg cholesterol, 771 mg sodium, 18 g carbohydrate, 4 g fiber, 4 g protein.

DOUBLE CHOCOLATE TRUFFLES

1 truffle (calculated without optional toppings) equals 105 calories, 6 g fat (4 g saturated fat), 2 mg cholesterol, 8 mg sodium, 12 g carbohydrate, 1 g fiber, 1 g protein.

DRIZZLED PEPPERMINT COOKIES

1 cookie equals 129 calories, 6 g fat (4 g saturated fat), trace cholesterol, 61 mg sodium, 19 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** 1 starch, 1 fat.

EGGNOG PIE

1 piece equals 253 calories, 15 g fat (8 g saturated fat), 27 mg cholesterol, 179 mg sodium, 26 g carbohydrate, trace fiber, 2 g protein.

FAMILY-FAVORITE ITALIAN CHICKEN

1 chicken breast half with 1/3 cup sauce (calculated without pasta) equals 483 calories, 25 g fat (7 g saturated fat), 188 mg cholesterol, 1,050 mg sodium, 23 g carbohydrate, 2 g fiber, 39 g protein.

FRENCH ONION PORTOBELLO BRISKET

5 oz. cooked beef with 1/3 cup gravy equals 301 calories, 12 g fat (5 g saturated fat), 94 mg cholesterol, 324 mg sodium, 3 g carbohydrate, 1 g fiber, 42 g protein. **Diabetic Exchanges:** 6 lean meat, 1/2 fat.

GERMAN CHOCOLATE BARS

1 bar equals 173 calories, 9 g fat (5 g saturated fat), 18 mg cholesterol, 137 mg sodium, 24 g carbohydrate, 1 g fiber, 2 g protein.

GINGERBREAD SCONES WITH LEMON BUTTER

1 scone with 1 tsp. lemon butter equals 218 calories, 13 g fat (8 g saturated fat), 38 mg cholesterol, 150 mg sodium, 24 g carbohydrate, 1 g fiber, 2 g protein.

GLAZED CINNAMON APPLES

2/3 cup (calculated without ice cream) equals 285 calories, 10 g fat (6 g saturated fat), 26 mg cholesterol, 75 mg sodium, 52 g carbohydrate, 2 g fiber, 1 g protein.

GREEK CHICKEN DINNER

1 serving equals 316 calories, 12 g fat (3 g saturated fat), 79 mg cholesterol, 767 mg sodium, 25 g carbohydrate, 2 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 fat.

GREEK CHICKEN PENNE

1-1/2 cups equals 431 calories, 21 g fat (5 g saturated fat), 56 mg cholesterol, 568 mg sodium, 36 g carbohydrate, 3 g fiber, 26 g protein.

GREEN BEAN & CORN MEDLEY

3/4 cup equals 153 calories, 7 g fat (4 g saturated fat), 15 mg cholesterol, 298 mg sodium, 21 g carbohydrate, 4 g fiber, 3 g protein.

GREEN OLIVE DIP

1/4 cup (calculated without chips) equals 96 calories, 6 g fat (3 g saturated fat), 21 mg cholesterol, 262 mg sodium, 4 g carbohydrate, 1 g fiber, 7 g protein.

HAM AND BROCCOLI PUFFS

1 appetizer equals 122 calories, 8 g fat (3 g saturated fat), 20 mg cholesterol, 146 mg sodium, 10 g carbohydrate, 1 g fiber, 3 g protein.

HAMBURGER STEAKS WITH MUSHROOM GRAVY

1 patty with 1/3 cup gravy (calculated without mashed potatoes) equals 325 calories, 15 g fat (6 g saturated fat), 123 mg cholesterol, 920 mg sodium, 20 g carbohydrate, 2 g fiber, 25 g protein.

HARVEST VEGETABLE BAKE

1 serving equals 269 calories, 11 g fat (3 g saturated fat), 94 mg cholesterol, 773 mg sodium, 15 g carbohydrate, 3 g fiber, 28 g protein.

HASH BROWN EGG BREAKFAST

1-1/3 cups equals 238 calories, 11 g fat (5 g saturated fat), 240 mg cholesterol, 671 mg sodium, 17 g carbohydrate, 2 g fiber, 17 g protein.

HASH BROWN PANCETTA CASSEROLE

1 piece equals 291 calories, 19 g fat (9 g saturated fat), 253 mg cholesterol, 557 mg sodium, 13 g carbohydrate, 2 g fiber, 18 g protein.

HAWAIIAN KIELBASA SANDWICHES

1 sandwich equals 663 calories, 35 g fat (12 g saturated fat), 76 mg cholesterol, 2,532 mg sodium, 64 g carbohydrate, 1 g fiber, 23 g protein.

HEARTY ALFREDO POTATOES

1 cup equals 420 calories, 17 g fat (11 g saturated fat), 74 mg cholesterol, 412 mg sodium, 39 g carbohydrate, 4 g fiber, 28 g protein.

HEARTY BARLEY BAKE

1 serving equals 290 calories, 15 g fat (5 g saturated fat), 25 mg cholesterol, 591 mg sodium, 32 g carbohydrate, 5 g fiber, 11 g protein.

HEARTY ITALIAN SANDWICHES

1 sandwich (calculated without Monterey Jack cheese) equals 513 calories, 22 g fat (9 g saturated fat), 76 mg cholesterol, 1,099 mg sodium, 45 g carbohydrate, 4 g fiber, 33 g protein.

HEARTY VEGETABLE BEEF SOUP

1-1/3 cups equals 238 calories, 5 g fat (2 g saturated fat), 37 mg cholesterol, 705 mg sodium, 33 g carbohydrate, 4 g fiber, 17 g protein. **Diabetic Exchanges:** 1 starch, 1 lean meat, 1 vegetable.

HEAVENLY HOT CHOCOLATE MIX

1 cup hot chocolate equals 312 calories, 3 g fat (2 g saturated fat), 4 mg cholesterol, 269 mg sodium, 66 g carbohydrate, 2 g fiber, 10 g protein.

HERB STUFFED CHOPS

1 stuffed pork chop equals 459 calories, 26 g fat (10 g saturated fat), 126 mg cholesterol, 795 mg sodium, 11 g carbohydrate, 1 g fiber, 38 g protein.

HOT HAM SANDWICHES

1 sandwich (calculated without additional relish) equals 432 calories, 13 g fat (4 g saturated fat), 62 mg cholesterol, 1,974 mg sodium, 52 g carbohydrate, 2 g fiber, 27 g protein.

HOT SPICED WINE

3/4 cup equals 232 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 24 g carbohydrate, 1 g fiber, trace protein.

ITALIAN MUSHROOMS

1/2 cup equals 99 calories, 8 g fat (5 g saturated fat), 20 mg cholesterol, 281 mg sodium, 6 g carbohydrate, 1 g fiber, 3 g protein.

ITALIAN SAUSAGE SOUP

1-1/4 cups equals 169 calories, 8 g fat (3 g saturated fat), 24 mg cholesterol, 634 mg sodium, 15 g carbohydrate, 3 g fiber, 9 g protein. **Diabetic Exchanges:** 1 high-fat meat, 1 vegetable, 1/2 starch.

ITALIAN SPINACH SALAD

1 serving equals 104 calories, 9 g fat (2 g saturated fat), 3 mg cholesterol, 75 mg sodium, 5 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

JIM'S HONEY-GLAZED HAM

5 oz. equals 291 calories, 5 g fat (2 g saturated fat), 69 mg cholesterol, 1,418 mg sodium, 39 g carbohydrate, trace fiber, 25 g protein.

JOYFUL CUTOUT COOKIES

1 cookie equals 260 calories, 7 g fat (3 g saturated fat), 21 mg cholesterol, 95 mg sodium, 49 g carbohydrate, trace fiber, 2 g protein.

KAHLUA FUDGE

1 piece equals 79 calories, 5 g fat (2 g saturated fat), 5 mg cholesterol, 20 mg sodium, 8 g carbohydrate, trace fiber, 1 g protein.

LATTICE CHICKEN POTPIE

1 cup equals 477 calories, 27 g fat (11 g saturated fat), 71 mg cholesterol, 1,126 mg sodium, 33 g carbohydrate, 2 g fiber, 24 g protein.

LAYERED ARTICHOKE CHEESE SPREAD

2 Tbsp. (calculated without crackers) equals 63 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 213 mg sodium, 2 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchanges:** 1 fat.

LEMON PASTA WITH SPINACH

3/4 cup equals 184 calories, 4 g fat (3 g saturated fat), 10 mg cholesterol, 249 mg sodium, 30 g carbohydrate, 2 g fiber, 6 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

LEMON-PEPPER BROCCOLI

3/4 cup equals 59 calories, 3 g fat (2 g saturated fat), 8 mg cholesterol, 252 mg sodium, 5 g carbohydrate, 3 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

MAKE-AHEAD LASAGNA

1 piece equals 405 calories, 21 g fat (10 g saturated fat), 113 mg cholesterol, 636 mg sodium, 24 g carbohydrate, 2 g fiber, 29 g protein.

MAPLE-GLAZED SALMON

1 serving equals 357 calories, 19 g fat (4 g saturated fat), 101 mg cholesterol, 259 mg sodium, 10 g carbohydrate, trace fiber, 34 g protein. **Diabetic Exchanges:** 5 lean meat, 2 fat, 1/2 starch.

MARINATED ANTIPASTO PLATTER

1 serving equals 155 calories, 13 g fat (4 g saturated fat), 21 mg cholesterol, 638 mg sodium, 3 g carbohydrate, trace fiber, 8 g protein.

MARSHMALLOW SNOWMEN

1 snowman equals 191 calories, 7 g fat (6 g saturated fat), trace cholesterol, 10 mg sodium, 34 g carbohydrate, 1 g fiber, 1 g protein.

MOCHA DESSERT FONDUE

1/4 cup (calculated without fruit) equals 241 calories, 11 g fat (6 g saturated fat), 13 mg cholesterol, 50 mg sodium, 35 g carbohydrate, 2 g fiber, 5 g protein.

MOM'S SCALLOPED POTATOES AND HAM

1-1/2 cups equals 344 calories, 13 g fat (7 g saturated fat), 53 mg cholesterol, 995 mg sodium, 40 g carbohydrate, 3 g fiber, 17 g protein.

MOROCCAN CHICKEN

1 chicken thigh with 3/4 cup vegetable mixture and 2 Tbsp. sauce (calculated without couscous) equals 330 calories, 13 g fat (3 g saturated fat), 88 mg cholesterol, 599 mg sodium, 27 g carbohydrate, 6 g fiber, 28 g protein.

MULLED DR. PEPPER

1 serving equals 105 calories, trace fat (trace saturated fat), 0 cholesterol, 69 mg sodium, 27 g carbohydrate, trace fiber, trace protein.

OLD-WORLD CORNED BEEF AND VEGETABLES

1 serving equals 446 calories, 23 g fat (8 g saturated fat), 117 mg cholesterol, 1,419 mg sodium, 34 g carbohydrate, 3 g fiber, 25 g protein.

ORANGE ROUGHY ITALIANO

1 serving equals 167 calories, 7 g fat (2 g saturated fat), 31 mg cholesterol, 290 mg sodium, 5 g carbohydrate, 2 g fiber, 21 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1 fat.

ORANGE-COCONUT ANGEL FOOD CAKE

1 slice equals 222 calories, 5 g fat (4 g saturated fat), 1 mg cholesterol, 361 mg sodium, 39 g carbohydrate, 1 g fiber, 4 g protein.

ORANGE-GLAZED HAM STEAKS

1 ham steak equals 360 calories, 12 g fat (4 g saturated fat), 75 mg cholesterol, 1,845 mg sodium, 38 g carbohydrate, 1 g fiber, 26 g protein.

PARTY VEGETABLE DIP

2 Tbsp. (calculated without vegetables) equals 131 calories, 13 g fat (3 g saturated fat), 12 mg cholesterol, 296 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein.

PEACHY PORK CHOPS

1 serving (calculated without garlic salt) equals 493 calories, 26 g fat (10 g saturated fat), 152 mg cholesterol, 393 mg sodium, 36 g carbohydrate, 2 g fiber, 27 g protein.

PEANUT BUTTER BLOSSOMS

1 cookie equals 128 calories, 7 g fat (3 g saturated fat), 12 mg cholesterol, 93 mg sodium, 15 g carbohydrate, 1 g fiber, 2 g protein.

PECAN CHEESE LOGS

2 Tbsp. (calculated without crackers) equals 189 calories, 18 g fat (7 g saturated fat), 29 mg cholesterol, 155 mg sodium, 2 g carbohydrate, 1 g fiber, 6 g protein.

PECAN-CRUSTED TURKEY CUTLETS

3 oz. cooked turkey equals 466 calories, 26 g fat (3 g saturated fat), 131 mg cholesterol, 448 mg sodium, 20 g carbohydrate, 2 g fiber, 38 g protein.

PEPPER JACK MAC

1-1/4 cups equals 423 calories, 23 g fat (12 g saturated fat), 65 mg cholesterol, 707 mg sodium, 36 g carbohydrate, 2 g fiber, 20 g protein.

PORK & TOMATO PASTA SAUCE

1 cup (calculated without fettuccine) equals 561 calories, 54 g fat (28 g saturated fat), 163 mg cholesterol, 836 mg sodium, 12 g carbohydrate, 1 g fiber, 10 g protein.

QUICK COOKIE MIX

1 Tbsp. equals 40 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 77 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein.

REUNION CASSEROLE

1 serving equals 364 calories, 18 g fat (9 g saturated fat), 79 mg cholesterol, 840 mg sodium, 29 g carbohydrate, 2 g fiber, 19 g protein.

RICH HAZELNUT COFFEE

1 cup (calculated without optional ingredients) equals 383 calories, 10 g fat (7 g saturated fat), 38 mg cholesterol, 80 mg sodium, 49 g carbohydrate, 0 fiber, 2 g protein.

RIGATONI WITH ROASTED SWEET POTATOES

1-1/2 cups (calculated without Parmesan cheese) equals 626 calories, 42 g fat (19 g saturated fat), 97 mg cholesterol, 518 mg sodium, 55 g carbohydrate, 6 g fiber, 10 g protein.

ROAST BEEF SPIRALS

1 appetizer equals 36 calories, 3 g fat (2 g saturated fat), 12 mg cholesterol, 43 mg sodium, trace carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 fat.

ROAST PORK WITH CHERRY-ALMOND GLAZE

4-1/2 oz. cooked pork with 1 Tbsp. sauce equals 310 calories, 9 g fat (3 g saturated fat), 79 mg cholesterol, 287 mg sodium, 26 g carbohydrate, trace fiber, 31 g protein.

ROASTED CHICKEN WITH VEGGIES

4 oz. cooked chicken (skin removed) with 1/2 cup vegetables (prepared with reduced-fat butter) equals 329 calories, 10 g fat (3 g saturated fat), 80 mg cholesterol, 187 mg sodium, 31 g carbohydrate, 5 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1-1/2 starch.

ROMAINE AND WALNUT SALAD

3/4 cup with 4 tsp. dressing equals 146 calories, 12 g fat (1 g saturated fat), 0 cholesterol, 5 mg sodium, 10 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 2 fat, 1/2 starch.

SANTA FE CHICKEN

1 chicken breast half with 1 cup rice mixture equals 412 calories, 11 g fat (4 g saturated fat), 78 mg cholesterol, 966 mg sodium, 44 g carbohydrate, 2 g fiber, 33 g protein. **Diabetic Exchanges:** 3 very lean meat, 2 starch, 2 fat, 1 vegetable.

SATISFYING BEEF STEW

1 cup equals 330 calories, 12 g fat (3 g saturated fat), 70 mg cholesterol, 680 mg sodium, 32 g carbohydrate, 4 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

SCALLOPED SHRIMP AND POTATOES

1 cup equals 362 calories, 12 g fat (7 g saturated fat), 201 mg cholesterol, 925 mg sodium, 30 g carbohydrate, 4 g fiber, 33 g protein.

SCALLOPS WITH THAI SAUCE

1 cup (calculated without pasta) equals 307 calories, 18 g fat (3 g saturated fat), 30 mg cholesterol, 765 mg sodium, 16 g carbohydrate, 3 g fiber, 22 g protein.

SEAFOOD CHEESE DIP

1/4 cup (calculated without baguettes) equals 178 calories, 12 g fat (7 g saturated fat), 74 mg cholesterol, 817 mg sodium, 4 g carbohydrate, trace fiber, 14 g protein.

SENSATIONAL STUFFED MUSHROOMS

1 stuffed mushroom equals 63 calories, 4 g fat (2 g saturated fat), 11 mg cholesterol, 54 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 fat.

SHRIMP & TOMATO LINGUINE TOSS

1-1/3 cups equals 376 calories, 10 g fat (3 g saturated fat), 71 mg cholesterol, 611 mg sodium, 51 g carbohydrate, 4 g fiber, 20 g protein.

SIMMERED SMOKED LINKS

2 oz. equals 116 calories, 6 g fat (2 g saturated fat), 15 mg cholesterol, 307 mg sodium, 13 g carbohydrate, trace fiber, 3 g protein.

SLOPPY JOE PIZZA

1 slice equals 218 calories, 12 g fat (7 g saturated fat), 47 mg cholesterol, 482 mg sodium, 12 g carbohydrate, 1 g fiber, 14 g protein.

SLOW COOKER CHEESE DIP

2 Tbsp. equals 44 calories, 3 g fat (2 g saturated fat), 9 mg cholesterol, 137 mg sodium, 1 g carbohydrate, trace fiber, 3 g protein.

SLOW-COOKED BROCCOLI

1/2 cup equals 159 calories, 11 g fat (6 g saturated fat), 25 mg cholesterol, 431 mg sodium, 11 g carbohydrate, 1 g fiber, 6 g protein.

SLOW-COOKED CABBAGE ROLLS

2 cabbage rolls equals 356 calories, 11 g fat (4 g saturated fat), 106 mg cholesterol, 1,314 mg sodium, 35 g carbohydrate, 8 g fiber, 29 g protein.

SLOW-COOKED HAM 'N' BROCCOLI

1 cup equals 300 calories, 13 g fat (7 g saturated fat), 51 mg cholesterol, 1,434 mg sodium, 28 g carbohydrate, 3 g fiber, 17 g protein.

SLOW-COOKED PORK TACOS

1 taco (calculated without optional toppings) equals 301 calories, 8 g fat (2 g saturated fat), 54 mg cholesterol, 616 mg sodium, 32 g carbohydrate, 1 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch.

SLOW-COOKER BREAD PUDDING

1 serving equals 570 calories, 27 g fat (10 g saturated fat), 226 mg cholesterol, 468 mg sodium, 72 g carbohydrate, 3 g fiber, 13 g protein.

SMOKY CHICKEN ENCHILADA SKILLET

1 cup (calculated without sour cream) equals 452 calories, 20 g fat (8 g saturated fat), 80 mg cholesterol, 1,206 mg sodium, 42 g carbohydrate, 5 g fiber, 31 g protein.

S'MORE-DIPPED CHERRIES

1 dipped cherry equals 44 calories, 2 g fat (1 g saturated fat), 0 cholesterol, 6 mg sodium, 8 g carbohydrate, trace fiber, trace protein.

SOUTHWEST BREAKFAST TART

1 piece (calculated without optional toppings) equals 419 calories, 30 g fat (13 g saturated fat), 259 mg cholesterol, 763 mg sodium, 20 g carbohydrate, trace fiber, 17 g protein.

SPICY TURKEY BEAN SOUP

1-1/2 cups equals 322 calories, 5 g fat (1 g saturated fat), 55 mg cholesterol, 1,283 mg sodium, 37 g carbohydrate, 9 g fiber, 30 g protein.

SPINACH-STUFFED BEEF TENDERLOIN

4 oz. stuffed beef equals 242 calories, 12 g fat (4 g saturated fat), 82 mg cholesterol, 293 mg sodium, 3 g carbohydrate, 1 g fiber, 29 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1 fat.

SWEET POTATO PORK STEW

1 cup equals 308 calories, 12 g fat (3 g saturated fat), 68 mg cholesterol, 624 mg sodium, 23 g carbohydrate, 2 g fiber, 25 g protein.

TANGY TOMATO PORK CHOPS

1 pork chop with 1/2 cup sauce (calculated without egg noodles) equals 403 calories, 21 g fat (7 g saturated fat), 111 mg cholesterol, 455 mg sodium, 15 g carbohydrate, 4 g fiber, 38 g protein.

TERIYAKI PORK

1-1/2 cups (calculated without rice) equals 302 calories, 11 g fat (3 g saturated fat), 63 mg cholesterol, 802 mg sodium, 20 g carbohydrate, 5 g fiber, 30 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1/2 fat.

TILAPIA WITH GREEN BEANS AMANDINE

1 fillet with 3/4 cup beans and 1 Tbsp. almonds equals 384 calories, 18 g fat (6 g saturated fat), 153 mg cholesterol, 900 mg sodium, 18 g carbohydrate, 4 g fiber, 38 g protein.

TIRAMISU

1 piece equals 321 calories, 21 g fat (14 g saturated fat), 100 mg cholesterol, 149 mg sodium, 24 g carbohydrate, trace fiber, 6 g protein.

TIRAMISU CREPES

1 filled crepe (calculated without optional toppings) equals 188 calories, 11 g fat (6 g saturated fat), 67 mg cholesterol, 92 mg sodium, 18 g carbohydrate, trace fiber, 4 g protein.

TOFFEE TRIANGLES

1 bar equals 66 calories, 4 g fat (2 g saturated fat), 9 mg cholesterol, 59 mg sodium, 8 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

TOMATO AND ONION SALMON

1 serving equals 318 calories, 18 g fat (3 g saturated fat), 84 mg cholesterol, 171 mg sodium, 9 g carbohydrate, 2 g fiber, 30 g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 fat, 1/2 starch.

TUNA ZUCCHINI CAKES

2 cakes equals 400 calories, 19 g fat (5 g saturated fat), 170 mg cholesterol, 1,261 mg sodium, 31 g carbohydrate, 3 g fiber, 26 g protein.

VEGETARIAN STUFFED PEPPERS

1 stuffed pepper equals 280 calories, 9 g fat (4 g saturated fat), 18 mg cholesterol, 936 mg sodium, 40 g carbohydrate, 8 g fiber, 12 g protein.

WAGON WHEEL CASSEROLE

1 serving equals 257 calories, 9 g fat (5 g saturated fat), 32 mg cholesterol, 576 mg sodium, 23 g carbohydrate, 3 g fiber, 22 g protein. **Diabetic Exchanges:** 2 lean meat, 1 starch, 1 vegetable, 1 fat.

WHITE CHILI WITH A KICK

1 cup (calculated without optional ingredients) equals 424 calories, 21 g fat (11 g saturated fat), 113 mg cholesterol, 896 mg sodium, 26 g carbohydrate, 5 g fiber, 31 g protein.

WHOLE WHEAT BLUEBERRY MUFFINS

1 muffin equals 158 calories, 7 g fat (1 g saturated fat), 24 mg cholesterol, 167 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1 fat, 1/2 fruit.

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.