

ARTICHOKE TUNA MELT

1 slice equals 533 calories, 31 g fat (6 g saturated fat), 61 mg cholesterol, 1,070 mg sodium, 28 g carbohydrate, 1 g fiber, 33 g protein.

AU GRATIN CHICKEN CHOWDER

1-1/3 cups equals 451 calories, 20 g fat (7 g saturated fat), 92 mg cholesterol, 1,162 mg sodium, 33 g carbohydrate, 2 g fiber, 30 g protein.

BACON-BEEF BARLEY SOUP

1-1/3 cups (calculated without mashed potatoes) equals 319 calories, 10 g fat (3 g saturated fat), 68 mg cholesterol, 1,218 mg sodium, 32 g carbohydrate, 4 g fiber, 26 g protein.

BEST LIME TART

1 slice equals 288 calories, 16 g fat (9 g saturated fat), 112 mg cholesterol, 138 mg sodium, 31 g carbohydrate, 1 g fiber, 5 g protein.

BRUNCH BEIGNETS

1 beignet equals 52 calories, 2 g fat (trace saturated fat), 16 mg cholesterol, 32 mg sodium, 7 g carbohydrate, trace fiber, 1 g protein.

CAESAR SHRIMP AND PASTA

1-1/2 cups equals 464 calories, 14 g fat (3 g saturated fat), 178 mg cholesterol, 837 mg sodium, 49 g carbohydrate, 3 g fiber, 36 g protein.

CAPTAIN RUSSELL'S JAMBALAYA

1-1/3 cups equals 556 calories, 25 g fat (13 g saturated fat), 184 mg cholesterol, 1,345 mg sodium, 57 g carbohydrate, 2 g fiber, 27 g protein.

CARAMELIZED GRAPEFRUIT SALAD

1 serving equals 249 calories, 13 g fat (2 g saturated fat), 3 mg cholesterol, 199 mg sodium, 33 g carbohydrate, 5 g fiber, 4 g protein.

CATFISH PO'BOYS

1 sandwich equals 879 calories, 57 g fat (8 g saturated fat), 91 mg cholesterol, 1,283 mg sodium, 53 g carbohydrate, 3 g fiber, 37 g protein.

CHICKEN & VEGETABLES WITH MUSTARD-HERB SAUCE

1 chicken leg quarter with 1-1/2 cups vegetables and 1/3 cup sauce equals 469 calories, 13 g fat (4 g saturated fat), 96 mg cholesterol, 762 mg sodium, 55 g carbohydrate, 8 g fiber, 33 g protein.

CHICKEN CHEESE STRATA

1 piece equals 570 calories, 16 g fat (8 g saturated fat), 108 mg cholesterol, 1,282 mg sodium, 77 g carbohydrate, 4 g fiber, 30 g protein.

CHICKEN CLUB CASSEROLES

1-1/4 cups equals 584 calories, 34 g fat (10 g saturated fat), 93 mg cholesterol, 1,161 mg sodium, 36 g carbohydrate, 2 g fiber, 33 g protein.

CHICKEN LOAF WITH MUSHROOM GRAVY

1 slice with 1/3 cup gravy equals 290 calories, 17 g fat (4 g saturated fat), 118 mg cholesterol, 807 mg sodium, 8 g carbohydrate, 1 g fiber, 25 g protein.

CHICKEN MARSALA

1 chicken breast half with 1/4 cup mushroom mixture (calculated without cheese) equals 281 calories, 15 g fat (5 g saturated fat), 78 mg cholesterol, 99 mg sodium, 7 g carbohydrate, 1 g fiber, 24 g protein.
Diabetic Exchanges: 3 lean meat, 3 fat.

CHICKEN MOLE CASSEROLE

1 serving equals 347 calories, 8 g fat (4 g saturated fat), 50 mg cholesterol, 811 mg sodium, 48 g carbohydrate, 4 g fiber, 22 g protein.

CHICKEN SKEWERS WITH SWEET & SPICY MARMALADE

1 skewer with 2 Tbsp. sauce equals 178 calories, 5 g fat (1 g saturated fat), 33 mg cholesterol, 353 mg sodium, 21 g carbohydrate, trace fiber, 12 g protein.

CHICKEN TETRAZZINI

1 serving equals 668 calories, 37 g fat (19 g saturated fat), 138 mg cholesterol, 865 mg sodium, 51 g carbohydrate, 4 g fiber, 30 g protein.

CHOCOLATE CHIP CHEESECAKE

1 slice equals 405 calories, 27 g fat (16 g saturated fat), 88 mg cholesterol, 225 mg sodium, 38 g carbohydrate, 2 g fiber, 6 g protein.

CINNAMON BERRY CIDER

1 cup equals 106 calories, trace fat (trace saturated fat), 0 cholesterol, 12 mg sodium, 26 g carbohydrate, 1 g fiber, 17 g protein. **Diabetic Exchange:** 1-1/2 fruit.

COCONUT CITRUS BARS

1 piece (calculated without additional confectioners' sugar) equals 172 calories, 8 g fat (5 g saturated fat), 50 mg cholesterol, 68 mg sodium, 24 g carbohydrate, trace fiber, 2 g protein.

CREAMY CHICKEN RICE SOUP

1 cup equals 185 calories, 4 g fat (1 g saturated fat), 32 mg cholesterol, 617 mg sodium, 21 g carbohydrate, 1 g fiber, 17 g protein. **Diabetic Exchanges:** 2 lean meat, 1 starch, 1 vegetable.

CREAMY VEGGIE MEATBALLS

1 cup (calculated without potatoes) equals 311 calories, 17 g fat (6 g saturated fat), 92 mg cholesterol, 907 mg sodium, 20 g carbohydrate, 2 g fiber, 19 g protein.

CRISPY GRILLED ZUCCHINI WITH MARINARA

1 appetizer with 1 Tbsp. sauce equals 48 calories, 2 g fat (trace saturated fat), 8 mg cholesterol, 224 mg sodium, 6 g carbohydrate, 1 g fiber, 1 g protein.

CRUMB-COATED COD FILLETS

1 serving equals 181 calories, 4 g fat (1 g saturated fat), 125 mg cholesterol, 626 mg sodium, 12 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch.

FRUIT-FILLED CUPCAKES

1 cupcake equals 205 calories, 8 g fat (4 g saturated fat), 28 mg cholesterol, 173 mg sodium, 30 g carbohydrate, trace fiber, 2 g protein.

GARLIC GREEN BEAN MEDLEY

3/4 cup equals 57 calories, 3 g fat (trace saturated fat), 0 cholesterol, 126 mg sodium, 8 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 fat.

GINGER PORK STIR-FRY

1 cup (calculated without rice) equals 278 calories, 11 g fat (2 g saturated fat), 63 mg cholesterol, 958 mg sodium, 16 g carbohydrate, 4 g fiber, 27 g protein.

GINGERED SHORT RIBS WITH GREEN RICE

6 oz. cooked beef with 1/2 cup sauce and 2/3 cup rice equals 444 calories, 12 g fat (5 g saturated fat), 55 mg cholesterol, 714 mg sodium, 56 g carbohydrate, 5 g fiber, 24 g protein.

GREEN CHILI BEEF DIP

1/4 cup (calculated without crackers) equals 203 calories, 19 g fat (10 g saturated fat), 53 mg cholesterol, 430 mg sodium, 3 g carbohydrate, 1 g fiber, 5 g protein.

GROUND BEEF MACARONI CASSEROLE

1 serving equals 357 calories, 18 g fat (9 g saturated fat), 91 mg cholesterol, 721 mg sodium, 30 g carbohydrate, 2 g fiber, 21 g protein.

HALIBUT WITH ORANGE SALSA

1 fillet with 1/3 cup salsa equals 298 calories, 10 g fat (1 g saturated fat), 54 mg cholesterol, 593 mg sodium, 13 g carbohydrate, 2 g fiber, 37 g protein. **Diabetic Exchanges:** 5 lean meat, 1 starch, 1 fat.

HEARTY MAC & CHEESE

1 cup equals 480 calories, 24 g fat (13 g saturated fat), 92 mg cholesterol, 1,253 mg sodium, 39 g carbohydrate, 2 g fiber, 25 g protein.

HERBED ASPARAGUS

1 serving equals 66 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 136 mg sodium, 4 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

HERBED POTATO FANS

1 potato (calculated without optional ingredients) equals 291 calories, 14 g fat (2 g saturated fat), 0 cholesterol, 308 mg sodium, 39 g carbohydrate, 4 g fiber, 4 g protein.

HOME-STYLE SAUSAGE GRAVY AND BISCUITS

1 biscuit with 1/2 cup gravy equals 412 calories, 26 g fat (8 g saturated fat), 31 mg cholesterol, 1,208 mg sodium, 33 g carbohydrate, 1 g fiber, 10 g protein.

HONEY-PECAN BAKED COD

1 fillet equals 330 calories, 19 g fat (4 g saturated fat), 75 mg cholesterol, 398 mg sodium, 12 g carbohydrate, 2 g fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 3 fat, 1/2 starch.

HUGS 'N' KISSES BROWNIE

1 piece equals 378 calories, 20 g fat (8 g saturated fat), 24 mg cholesterol, 180 mg sodium, 48 g carbohydrate, 1 g fiber, 5 g protein.

ITALIAN BEAN SOUP

1-1/3 cups with 2 tsp. cheese equals 224 calories, 8 g fat (2 g saturated fat), 6 mg cholesterol, 1,029 mg sodium, 29 g carbohydrate, 5 g fiber, 11 g protein.

KEY LIME BITES

1 cookie equals 136 calories, 8 g fat (4 g saturated fat), 16 mg cholesterol, 69 mg sodium, 16 g carbohydrate, trace fiber, 1 g protein.

LEMON SPICED TEA

1 cup equals 64 calories, 0 fat (0 saturated fat), 0 cholesterol, 1 mg sodium, 17 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1 starch.

LEMON-FETA ANGEL HAIR

1 cup equals 344 calories, 12 g fat (4 g saturated fat), 15 mg cholesterol, 569 mg sodium, 44 g carbohydrate, 3 g fiber, 13 g protein.

MARDI GRAS CUPCAKES

1 cupcake equals 301 calories, 15 g fat (4 g saturated fat), 42 mg cholesterol, 218 mg sodium, 38 g carbohydrate, 0 fiber, 3 g protein.

MARMALADE-GLAZED STEAKS

1 steak equals 338 calories, 11 g fat (6 g saturated fat), 72 mg cholesterol, 225 mg sodium, 27 g carbohydrate, trace fiber, 31 g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 starch, 1 fat.

MEDITERRANEAN ROASTED SALMON

1 salmon fillet with 1/2 cup tomato mixture equals 550 calories, 45 g fat (7 g saturated fat), 85 mg cholesterol, 579 mg sodium, 8 g carbohydrate, 1 g fiber, 29 g protein.

MEXICAN SMOTHERED CHICKEN THIGHS

1 serving equals 301 calories, 15 g fat (4 g saturated fat), 88 mg cholesterol, 802 mg sodium, 13 g carbohydrate, 2 g fiber, 27 g protein.

MINTY HOT FUDGE SUNDAE CAKE

1 serving (calculated without ice cream, whipped cream and cherries) equals 255 calories, 7 g fat (5 g saturated fat), 8 mg cholesterol, 206 mg sodium, 48 g carbohydrate, 1 g fiber, 3 g protein.

NEW ORLEANS GUMBO

1 cup gumbo with 1/2 cup rice equals 339 calories, 10 g fat (3 g saturated fat), 124 mg cholesterol, 841 mg sodium, 29 g carbohydrate, 2 g fiber, 29 g protein.

Diabetic Exchanges: 4 lean meat, 1-1/2 starch, 1 vegetable, 1/2 fat.

ORANGE CHICKEN WRAPS

1 wrap equals 399 calories, 9 g fat (2 g saturated fat), 26 mg cholesterol, 948 mg sodium, 55 g carbohydrate, 8 g fiber, 17 g protein.

ORANGE-PEACH THIRST QUENCHER

1 cup equals 106 calories, trace fat (trace saturated fat), 0 cholesterol, 16 mg sodium, 27 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchange:** 1-1/2 fruit.

PARMESAN BAKED CHICKEN

1 serving equals 352 calories, 23 g fat (9 g saturated fat), 109 mg cholesterol, 329 mg sodium, 5 g carbohydrate, trace fiber, 29 g protein.

PEPPERONI PIZZA

1 slice equals 540 calories, 27 g fat (12 g saturated fat), 62 mg cholesterol, 1,319 mg sodium, 45 g carbohydrate, 3 g fiber, 28 g protein.

PESTO DIP WITH PARMESAN TOAST

2 Tbsp. dip with 4 toasts equals 341 calories, 27 g fat (5 g saturated fat), 15 mg cholesterol, 419 mg sodium, 19 g carbohydrate, 2 g fiber, 6 g protein.

PISTACHIO CAKE

1 slice equals 482 calories, 28 g fat (8 g saturated fat), 99 mg cholesterol, 555 mg sodium, 53 g carbohydrate, 1 g fiber, 7 g protein.

PORK CHOPS NORMANDY

1 pork chop with 1/2 cup sauce equals 488 calories, 29 g fat (16 g saturated fat), 145 mg cholesterol, 417 mg sodium, 22 g carbohydrate, 4 g fiber, 34 g protein.

PORK CHOPS WITH MUSTARD SAUCE

1 pork chop with 2 Tbsp. sauce equals 327 calories, 19 g fat (6 g saturated fat), 90 mg cholesterol, 432 mg sodium, 2 g carbohydrate, trace fiber, 33 g protein.

POTATO & BACON FRITTATA

1 slice equals 287 calories, 21 g fat (8 g saturated fat), 295 mg cholesterol, 441 mg sodium, 10 g carbohydrate, 1 g fiber, 15 g protein.

QUICKER CHICKEN AND DUMPLINGS

1 cup equals 330 calories, 13 g fat (4 g saturated fat), 62 mg cholesterol, 746 mg sodium, 28 g carbohydrate, 3 g fiber, 24 g protein.

REUBEN SPREAD

1/4 cup (calculated without bread) equals 265 calories, 22 g fat (12 g saturated fat), 71 mg cholesterol, 620 mg sodium, 4 g carbohydrate, 1 g fiber, 13 g protein.

ROASTED CHICKEN WITH LEMON SAUCE

6 oz. cooked chicken with 3/4 cup vegetables and 2 Tbsp. sauce equals 640 calories, 32 g fat (9 g saturated fat), 179 mg cholesterol, 414 mg sodium, 30 g carbohydrate, 3 g fiber, 57 g protein.

SALSA ROJA

1/4 cup (calculated without chips) equals 42 calories, 2 g fat (trace saturated fat), 0 cholesterol, 381 mg sodium, 6 g carbohydrate, 2 g fiber, 1 g protein.

SAUSAGE FETTUCCINE BAKE

1-1/2 cups equals 531 calories, 22 g fat (9 g saturated fat), 60 mg cholesterol, 1,311 mg sodium, 55 g carbohydrate, 6 g fiber, 30 g protein.

SAUSAGE-APPLE PUFF PANCAKE

1 piece (calculated without sour cream and syrup) equals 485 calories, 30 g fat (14 g saturated fat), 273 mg cholesterol, 750 mg sodium, 35 g carbohydrate, 1 g fiber, 20 g protein.

SHRIMP RISOTTO

1-1/3 cups equals 420 calories, 10 g fat (5 g saturated fat), 197 mg cholesterol, 1,196 mg sodium, 49 g carbohydrate, 3 g fiber, 32 g protein.

SKILLET LASAGNA

1 piece equals 478 calories, 20 g fat (8 g saturated fat), 128 mg cholesterol, 1,552 mg sodium, 43 g carbohydrate, 4 g fiber, 31 g protein.

SKILLET ZITI WITH CHICKEN AND BROCCOLI

2 cups equals 528 calories, 13 g fat (6 g saturated fat), 88 mg cholesterol, 975 mg sodium, 60 g carbohydrate, 7 g fiber, 43 g protein.

SOUTHERN PULLED PORK

1/2 cup (calculated without potatoes) equals 282 calories, 14 g fat (5 g saturated fat), 81 mg cholesterol, 240 mg sodium, 14 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 medium-fat meat, 1 starch.

SOUTHERN SHRIMP & GRITS

3/4 cup shrimp mixture with 3/4 cup grits equals 448 calories, 19 g fat (10 g saturated fat), 146 mg cholesterol, 899 mg sodium, 41 g carbohydrate, 4 g fiber, 25 g protein.

SOUTHWEST ENCHILADA BAKE

1 piece equals 468 calories, 21 g fat (10 g saturated fat), 88 mg cholesterol, 1,284 mg sodium, 42 g carbohydrate, 6 g fiber, 30 g protein.

SPICED PORK MEDALLIONS WITH BOURBON SAUCE

3 oz. pork with 2 Tbsp. sauce equals 221 calories, 4 g fat (1 g saturated fat), 63 mg cholesterol, 581 mg sodium, 15 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch.

SQUASH & CARROT SAUTE

3/4 cup equals 72 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 138 mg sodium, 8 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

STEAKS WITH MOLASSES-GLAZED ONIONS

1 steak with 1/3 cup onions and 1 Tbsp. bacon equals 370 calories, 16 g fat (6 g saturated fat), 82 mg cholesterol, 837 mg sodium, 15 g carbohydrate, 2 g fiber, 40 g protein.

STUFFED BURGER BUNDLES

1 bundle with 1/3 cup sauce equals 391 calories, 23 g fat (9 g saturated fat), 87 mg cholesterol, 1,247 mg sodium, 20 g carbohydrate, 1 g fiber, 24 g protein.

SUNSHINE COBBLER

1 serving (calculated without cream) equals 379 calories, 16 g fat (9 g saturated fat), 71 mg cholesterol, 320 mg sodium, 57 g carbohydrate, 2 g fiber, 4 g protein.

SWEET & SOUR PINEAPPLE CHICKEN

1 chicken thigh with 1 cup vegetable mixture (calculated without noodles) equals 348 calories, 15 g fat (4 g saturated fat), 82 mg cholesterol, 775 mg sodium, 26 g carbohydrate, 3 g fiber, 26 g protein.

SWEET POTATO CHILI BAKE

1 cup (calculated without optional toppings) equals 324 calories, 11 g fat (5 g saturated fat), 54 mg cholesterol, 1,204 mg sodium, 47 g carbohydrate, 6 g fiber, 10 g protein.

TANGERINE TABBOULEH

3/4 cup equals 261 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 142 mg sodium, 44 g carbohydrate, 8 g fiber, 7 g protein.

TERIYAKI EGG ROLLS

1 egg roll (calculated without sweet-and-sour sauce) equals 237 calories, 14 g fat (1 g saturated fat), 3 mg cholesterol, 655 mg sodium, 23 g carbohydrate, 2 g fiber, 4 g protein.

TEX-MEX CHILI WITH A CINCINNATI TWIST

1 cup (calculated without spaghetti and optional toppings) equals 288 calories, 9 g fat (3 g saturated fat), 40 mg cholesterol, 767 mg sodium, 34 g carbohydrate, 11 g fiber, 22 g protein.

THREE-CHILI TURKEY TACOS

2 tacos equals 379 calories, 23 g fat (9 g saturated fat), 78 mg cholesterol, 766 mg sodium, 24 g carbohydrate, 2 g fiber, 20 g protein.

TILAPIA TOSTADAS

2 tostadas equals 437 calories, 12 g fat (4 g saturated fat), 95 mg cholesterol, 659 mg sodium, 44 g carbohydrate, 7 g fiber, 40 g protein. **Diabetic Exchanges:** 5 lean meat, 3 starch, 1-1/2 fat.

TORTELLINI WITH TOMATO-CREAM SAUCE

1 cup equals 459 calories, 33 g fat (18 g saturated fat), 99 mg cholesterol, 835 mg sodium, 29 g carbohydrate, 4 g fiber, 13 g protein.

TROPICAL STRAWBERRY POPS

1 pop equals 30 calories, trace fat (trace saturated fat), 0 cholesterol, 8 mg sodium, 7 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1/2 fruit.

WAFFLE COOKIES

1 cookie (calculated without confectioners' sugar) equals 88 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 78 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein.

ZESTY CALZONE

1 piece equals 474 calories, 16 g fat (6 g saturated fat), 56 mg cholesterol, 1,659 mg sodium, 51 g carbohydrate, 2 g fiber, 31 g protein.

ZESTY LEMON BROCCOLI

3/4 cup equals 97 calories, 7 g fat (3 g saturated fat), 8 mg cholesterol, 202 mg sodium, 6 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 vegetable.

ZUCCHINI & CORN WITH CILANTRO

2/3 cup equals 71 calories, 1 g fat (trace saturated fat), 0 cholesterol, 148 mg sodium, 15 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchange:** 1 starch.

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.