

Almond & Mandarin Orange Salad

1½ cups equals 196 calories, 13 g fat (2 g saturated fat), 7 mg cholesterol, 372 mg sodium, 14 g carbohydrate, 3 g fiber, 8 g protein.

Apple-Almond Stuffing

¾ cup equals 306 calories, 15 g fat (6 g saturated fat), 32 mg cholesterol, 191 mg sodium, 38 g carbohydrate, 3 g fiber, 7 g protein.

Apple-Sage Roasted Turkey

8 oz. cooked turkey equals 506 calories, 19 g fat (9 g saturated fat), 191 mg cholesterol, 466 mg sodium, 14 g carbohydrate, 1 g fiber, 66 g protein.

Autumn Harvest Cobbler

1 serving (calculated without whipped cream) equals 245 calories, 4 g fat (1 g saturated fat), 1 mg cholesterol, 359 mg sodium, 53 g carbohydrate, 3 g fiber, 3 g protein.

Autumn Tossed Salad

1 cup equals 173 calories, 13 g fat (1 g saturated fat), 0 cholesterol, 127 mg sodium, 15 g carbohydrate, 2 g fiber, 1 g protein.

Broccoli Turkey Pie

1 piece equals 293 calories, 15 g fat (9 g saturated fat), 142 mg cholesterol, 534 mg sodium, 12 g carbohydrate, 2 g fiber, 27 g protein.

Cajun Pecan Catfish

1 fillet equals 377 calories, 28 g fat (5 g saturated fat), 82 mg cholesterol, 277 mg sodium, 3 g carbohydrate, 1 g fiber, 29 g protein.

Candied Pumpkin Spice Pecans

½ cup equals 383 calories, 34 g fat (7 g saturated fat), 20 mg cholesterol, 54 mg sodium, 22 g carbohydrate, 3 g fiber, 3 g protein.

Candy Corn Quesadillas

1 wedge equals 310 calories, 17 g fat (9 g saturated fat), 56 mg cholesterol, 613 mg sodium, 21 g carbohydrate, 3 g fiber, 15 g protein.

Caramel-Pecan Dream Bars

1 bar equals 239 calories, 12 g fat (5 g saturated fat), 35 mg cholesterol, 222 mg sodium, 30 g carbohydrate, trace fiber, 3 g protein.

Caribbean Chips with Apricot Salsa

8 chips with ¼ cup salsa equals 255 calories, 3 g fat (trace saturated fat), 0 cholesterol, 599 mg sodium, 54 g carbohydrate, trace fiber, 5 g protein.

Cashew Chicken with Noodles

1½ cups equals 604 calories, 26 g fat (5 g saturated fat), 63 mg cholesterol, 1,099 mg sodium, 60 g carbohydrate, 3 g fiber, 34 g protein.

Cheddar & Bacon Burgers

1 burger (calculated without optional ingredients) equals 384 calories, 18 g fat (7 g saturated fat), 83 mg cholesterol, 840 mg sodium, 24 g carbohydrate, 1 g fiber, 29 g protein.

Chesapeake Snack Mix

¾ cup equals 157 calories, 7 g fat (4 g saturated fat), 13 mg cholesterol, 371 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein.

Chicken & Cheese Noodle Bake

1 cup equals 509 calories, 24 g fat (13 g saturated fat), 102 mg cholesterol, 691 mg sodium, 42 g carbohydrate, 3 g fiber, 29 g protein.

Chocolate Cannoli Cake Roll

1 slice equals 328 calories, 18 g fat (9 g saturated fat), 90 mg cholesterol, 276 mg sodium, 35 g carbohydrate, 1 g fiber, 9 g protein.

Chocolate Cookie Cheesecake

1 slice equals 505 calories, 33 g fat (18 g saturated fat), 134 mg cholesterol, 425 mg sodium, 44 g carbohydrate, 1 g fiber, 8 g protein.

Chocolate-Peanut Cheesecake Bars

1 bar equals 294 calories, 19 g fat (9 g saturated fat), 50 mg cholesterol, 200 mg sodium, 27 g carbohydrate, 1 g fiber, 5 g protein.

Cinnamon & Sugar Cake

1 slice equals 616 calories, 28 g fat (17 g saturated fat), 116 mg cholesterol, 472 mg sodium, 87 g carbohydrate, trace fiber, 5 g protein.

Colorful Spiral Pasta Salad

¾ cup equals 149 calories, 4 g fat (trace saturated fat), 0 cholesterol, 513 mg sodium, 24 g carbohydrate, 2 g fiber, 4 g protein.

Confetti Cornmeal Muffins

1 muffin with 2 tsp. cilantro butter equals 339 calories, 20 g fat (12 g saturated fat), 85 mg cholesterol, 330 mg sodium, 34 g carbohydrate, 2 g fiber, 7 g protein.

Coquille St. Jacques

1 serving equals 618 calories, 41 g fat (26 g saturated fat), 190 mg cholesterol, 573 mg sodium, 17 g carbohydrate, 1 g fiber, 36 g protein.

Cranberry-Chili Cheese Spread

¼ cup (calculated without crackers) equals 157 calories, 11 g fat (7 g saturated fat), 36 mg cholesterol, 200 mg sodium, 12 g carbohydrate, 1 g fiber, 3 g protein.

Cranberry-Pear Crisp

1 serving (calculated without ice cream) equals 429 calories, 13 g fat (7 g saturated fat), 50 mg cholesterol, 306 mg sodium, 77 g carbohydrate, 4 g fiber, 6 g protein.

Cranberry-Pecan Coffee Cake

1 slice equals 530 calories, 30 g fat (16 g saturated fat), 122 mg cholesterol, 332 mg sodium, 59 g carbohydrate, 2 g fiber, 6 g protein.

Creamy Sweet Corn with Okra

¾ cup equals 211 calories, 9 g fat (5 g saturated fat), 23 mg cholesterol, 384 mg sodium, 31 g carbohydrate, 3 g fiber, 5 g protein.

Creole Shrimp & Sausage

1¼ cups sausage mixture with 1/2 cup bulgur equals 510 calories, 19 g fat (7 g saturated fat), 108 mg cholesterol, 1,287 mg sodium, 57 g carbohydrate, 15 g fiber, 30 g protein.

Double-Chocolate Holiday Pie

1 piece equals 655 calories, 40 g fat (20 g saturated fat), 87 mg cholesterol, 413 mg sodium, 72 g carbohydrate, 2 g fiber, 7 g protein.

Elegant Pumpkin Pie

1 piece equals 365 calories, 21 g fat (11 g saturated fat), 75 mg cholesterol, 367 mg sodium, 38 g carbohydrate, 1 g fiber, 5 g protein.

Fiesta-Twisted Brunswick Stew

1½ cups (calculated without cheese) equals 358 calories, 11 g fat (4 g saturated fat), 66 mg cholesterol, 1,188 mg sodium, 40 g carbohydrate, 5 g fiber, 27 g protein.

Fluted Tiramisu Cake

1 slice equals 368 calories, 14 g fat (5 g saturated fat), 61 mg cholesterol, 350 mg sodium, 58 g carbohydrate, trace fiber, 5 g protein.

Garden Tuna Pita Sandwiches

2 filled pita halves equals 362 calories, 10 g fat (2 g saturated fat), 36 mg cholesterol, 1,114 mg sodium, 39 g carbohydrate, 5 g fiber, 31 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.

German Chocolate Thumbprint Cookies

1 cookie equals 113 calories, 6 g fat (3 g saturated fat), 18 mg cholesterol, 93 mg sodium, 13 g carbohydrate, trace fiber, 1 g protein.

Glazed Ornament Cookies

1 cookie equals 115 calories, 4 g fat (1 g saturated fat), 6 mg cholesterol, 83 mg sodium, 19 g carbohydrate, trace fiber, 1 g protein.

Grilled Pineapple Sundaes

1 serving equals 356 calories, 12 g fat (9 g saturated fat), 29 mg cholesterol, 212 mg sodium, 60 g carbohydrate, 2 g fiber, 4 g protein.

Harvest Butternut & Pork Stew

1½ cups equals 371 calories, 16 g fat (5 g saturated fat), 67 mg cholesterol, 635 mg sodium, 30 g carbohydrate, 5 g fiber, 28 g protein. **Diabetic Exchanges:** 3 medium-fat meat, 1½ starch, 1 vegetable, ½ fat.

Herbed Turkey Stock

1 cup equals 33 calories, 1 g fat (trace saturated fat), 1 mg cholesterol, 89 mg sodium, 6 g carbohydrate, 1 g fiber, 2 g protein.

Holiday Pinwheel Cookies

1 cookie equals 91 calories, 3 g fat (1 g saturated fat), 5 mg cholesterol, 71 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein.

Hot Fruit Punch

1 cup equals 124 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 32 g carbohydrate, trace fiber, trace protein.

Italian Dressed Broccoli

¾ cup equals 107 calories, 8 g fat (2 g saturated fat), 6 mg cholesterol, 420 mg sodium, 7 g carbohydrate, 2 g fiber, 2 g protein.

Italian Spumoni Cookies

1 cookie equals 103 calories, 4 g fat (1 g saturated fat), 6 mg cholesterol, 87 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein.

Jamaican Ham and Bean Soup

1½ cups (calculated without garnishes) equals 312 calories, 9 g fat (2 g saturated fat), 33 mg cholesterol, 2,211 mg sodium, 38 g carbohydrate, 9 g fiber, 20 g protein.

Jazzed-Up Green Bean Casserole

¾ cup equals 200 calories, 11 g fat (4 g saturated fat), 18 mg cholesterol, 862 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g protein.

Lemon Cranberry Sauce

2 Tbsp. equals 72 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 17 g carbohydrate, 1 g fiber, trace protein.

Lemon Cream Cake

1 slice (calculated without optional and garnish ingredients) equals 446 calories, 27 g fat (12 g saturated fat), 114 mg cholesterol, 326 mg sodium, 46 g carbohydrate, 1 g fiber, 4 g protein.

Lemon Shortbreads

1 cookie (calculated without colored sugar) equals 81 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 76 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein.

Maple-Dijon Sprout Medley

¾ cup equals 216 calories, 13 g fat (4 g saturated fat), 13 mg cholesterol, 195 mg sodium, 24 g carbohydrate, 4 g fiber, 5 g protein.

Mediterranean Chicken Stir-Fry

1 cup chicken mixture with ¾ cup barley equals 403 calories, 12 g fat (2 g saturated fat), 63 mg cholesterol, 498 mg sodium, 44 g carbohydrate, 11 g fiber, 31 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 fat, 1 vegetable.

Pork Tenderloins with Wild Rice

3 slices with 2 Tbsp. gravy equals 293 calories, 6 g fat (2 g saturated fat), 84 mg cholesterol, 803 mg sodium, 25 g carbohydrate, 2 g fiber, 32 g protein.

Pumpkin Streusel Cupcakes

1 cupcake equals 204 calories, 8 g fat (4 g saturated fat), 46 mg cholesterol, 213 mg sodium, 31 g carbohydrate, trace fiber, 3 g protein.

Pumpkin Walnut Squares

1 piece equals 419 calories, 19 g fat (5 g saturated fat), 82 mg cholesterol, 446 mg sodium, 57 g carbohydrate, 2 g fiber, 8 g protein.

Pumpkin-Curry Chicken Over Cashew Rice

1 cup chicken mixture with 1 cup rice equals 609 calories, 14 g fat (3 g saturated fat), 76 mg cholesterol, 232 mg sodium, 85 g carbohydrate, 5 g fiber, 36 g protein.

Raisin Sweet Potato Cookies

1 cookie equals 81 calories, 5 g fat (2 g saturated fat), 12 mg cholesterol, 61 mg sodium, 10 g carbohydrate, 1 g fiber, 1 g protein.

Ravioli with Creamy Squash Sauce

1¼ cups equals 671 calories, 51 g fat (22 g saturated fat), 122 mg cholesterol, 578 mg sodium, 42 g carbohydrate, 7 g fiber, 18 g protein.

Red Pepper & Feta Dip

¼ cup (calculated without chips) equals 163 calories, 15 g fat (9 g saturated fat), 47 mg cholesterol, 277 mg sodium, 2 g carbohydrate, trace fiber, 5 g protein.

Roasted Winter Vegetables

¾ cup equals 115 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 135 mg sodium, 20 g carbohydrate, 3 g fiber, 2 g protein.

Rocky Road Cookie Pizza

1 slice equals 235 calories, 12 g fat (4 g saturated fat), trace cholesterol, 114 mg sodium, 30 g carbohydrate, 1 g fiber, 3 g protein.

Salted Peanut Bars

1 bar equals 318 calories, 17 g fat (5 g saturated fat), 14 mg cholesterol, 225 mg sodium, 36 g carbohydrate, 2 g fiber, 7 g protein.

Sausage & Mushroom Stuffed Squash

1 stuffed squash half equals 463 calories, 25 g fat (11 g saturated fat), 55 mg cholesterol, 977 mg sodium, 43 g carbohydrate, 6 g fiber, 16 g protein.

Sausage Sliders with Cran-Apple Slaw

2 sliders equals 672 calories, 43 g fat (15 g saturated fat), 107 mg cholesterol, 1,250 mg sodium, 47 g carbohydrate, 4 g fiber, 23 g protein.

Sesame-Ginger Steak Salad

1 serving equals 300 calories, 14 g fat (3 g saturated fat), 46 mg cholesterol, 526 mg sodium, 15 g carbohydrate, 4 g fiber, 27 g protein. **Diabetic Exchanges:** 3 lean meat, 2 fat, 1 vegetable, ½ starch.

Shrimp Skewers with Asian Quinoa

1 skewer with ¾ cup quinoa equals 348 calories, 10 g fat (1 g saturated fat), 172 mg cholesterol, 365 mg sodium, 36 g carbohydrate, 3 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

Southwestern Vegetables & Rice

1½ cups equals 502 calories, 15 g fat (6 g saturated fat), 25 mg cholesterol, 1,629 mg sodium, 62 g carbohydrate, 7 g fiber, 29 g protein.

Spiced Sweet Potato Fries

1 serving equals 129 calories, 3 g fat (1 g saturated fat), 0 cholesterol, 241 mg sodium, 24 g carbohydrate, 2 g fiber, trace protein.

Spooktacular Brownies

1 brownie equals 148 calories, 8 g fat (2 g saturated fat), 13 mg cholesterol, 77 mg sodium, 19 g carbohydrate, 1 g fiber, 2 g protein.

Squash Fajitas with Goat Cheese

2 fajitas equals 476 calories, 17 g fat (4 g saturated fat), 19 mg cholesterol, 919 mg sodium, 68 g carbohydrate, 5 g fiber, 15 g protein.

Stovetop Italian Macaroni

1½ cups equals 410 calories, 17 g fat (8 g saturated fat), 76 mg cholesterol, 969 mg sodium, 34 g carbohydrate, 4 g fiber, 30 g protein.

Stuffing-Stuffed Pork Chops

1 stuffed pork chop with ¼ cup gravy equals 540 calories, 25 g fat (7 g saturated fat), 110 mg cholesterol, 791 mg sodium, 26 g carbohydrate, 3 g fiber, 47 g protein.

Sweet-and-Sour Beef Stew

1 cup (calculated without rice) equals 290 calories, 7 g fat (2 g saturated fat), 64 mg cholesterol, 465 mg sodium, 29 g carbohydrate, 3 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1 starch, ½ fat.

Tarragon Butter

1 Tbsp. equals 101 calories, 11 g fat (7 g saturated fat), 31 mg cholesterol, 116 mg sodium, trace carbohydrate, trace fiber, trace protein.

Tarragon Mashed Potato Casserole

¾ cup equals 322 calories, 18 g fat (12 g saturated fat), 58 mg cholesterol, 320 mg sodium, 34 g carbohydrate, 2 g fiber, 6 g protein.

Tipsy Apple Pie

1 piece equals 335 calories, 13 g fat (7 g saturated fat), 20 mg cholesterol, 216 mg sodium, 53 g carbohydrate, 1 g fiber, 2 g protein.

Triple-Chocolate Cake with Raspberry Sauce

1 slice with about 3 Tbsp. sauce equals 466 calories, 19 g fat (5 g saturated fat), 71 mg cholesterol, 548 mg sodium, 74 g carbohydrate, 4 g fiber, 5 g protein.

Turkey Chili with Pasta

1½ cups (calculated without optional toppings) equals 258 calories, 5 g fat (1 g saturated fat), 45 mg cholesterol, 987 mg sodium, 35 g carbohydrate, 7 g fiber, 19 g protein. **Diabetic Exchanges:** 2 starch, 2 lean meat, 1 vegetable.

White Chocolate-Macadamia Snowball Cookies

1 cookie equals 171 calories, 9 g fat (4 g saturated fat), 7 mg cholesterol, 98 mg sodium, 22 g carbohydrate, 1 g fiber, 2 g protein.

Whole Wheat Pasta Bake

1¼ cups equals 876 calories, 48 g fat (28 g saturated fat), 182 mg cholesterol, 1,642 mg sodium, 72 g carbohydrate, 8 g fiber, 40 g protein.

How We Calculate Nutrition Facts

- When a choice of ingredients is given in a recipe (such as ½ 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.