

ABC MELT

2 muffin halves equals 446 calories, 19 g fat (12 g saturated fat), 77 mg cholesterol, 1,104 mg sodium, 38 g carbohydrate, 3 g fiber, 29 g protein.

APPLE CRISP

1 serving (calculated without ice cream) equals 394 calories, 10 g fat (6 g saturated fat), 20 mg cholesterol, 335 mg sodium, 76 g carbohydrate, 2 g fiber, 2 g protein.

APPLE PORK CHOPS

1 chop with 1/4 cup sauce equals 221 calories, 9 g fat (3 g saturated fat), 56 mg cholesterol, 277 mg sodium, 12 g carbohydrate, 1 g fiber, 22 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch, 1/2 fat.

ASPARAGUS WITH MUSHROOMS

3/4 cup equals 92 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 599 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

BACK TO SCHOOL CUPCAKES

Nutrition Facts do not apply.

BACON & TOMATO SPAGHETTI

1-1/4 cups equals 409 calories, 18 g fat (5 g saturated fat), 21 mg cholesterol, 833 mg sodium, 49 g carbohydrate, 3 g fiber, 15 g protein.

BACON-CHICKEN CLUB PIZZA

1 slice equals 444 calories, 25 g fat (13 g saturated fat), 84 mg cholesterol, 939 mg sodium, 26 g carbohydrate, trace fiber, 28 g protein.

BAKED STRAWBERRY SALMON

1 fillet equals 452 calories, 18 g fat (4 g saturated fat), 100 mg cholesterol, 670 mg sodium, 35 g carbohydrate, trace fiber, 35 g protein.

BARBECUE MEATBALLS

1 cup equals 435 calories, 22 g fat (9 g saturated fat), 137 mg cholesterol, 1,448 mg sodium, 28 g carbohydrate, trace fiber, 31 g protein.

BRATWURST HASH

1-1/2 cups equals 506 calories, 31 g fat (13 g saturated fat), 82 mg cholesterol, 1,458 mg sodium, 35 g carbohydrate, 3 g fiber, 19 g protein.

BRATWURST WITH GRILLED CORN RELISH

1 serving equals 572 calories, 32 g fat (10 g saturated fat), 63 mg cholesterol, 1,536 mg sodium, 51 g carbohydrate, 2 g fiber, 21 g protein.

BREAKFAST BURRITOS

1 burrito equals 456 calories, 22 g fat (10 g saturated fat), 249 mg cholesterol, 928 mg sodium, 37 g carbohydrate, 6 g fiber, 19 g protein.

BROILED BLUEBERRY DESSERT

1 serving equals 148 calories, 5 g fat (4 g saturated fat), 20 mg cholesterol, 14 mg sodium, 23 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 fruit, 1 fat, 1/2 starch.

BROWNIE SUNDAES

1 serving equals 605 calories, 33 g fat (13 g saturated fat), 49 mg cholesterol, 276 mg sodium, 76 g carbohydrate, 3 g fiber, 8 g protein.

CARAMEL APPLE STRATA

1 piece with 1 Tbsp. sauce equals 462 calories, 19 g fat (7 g saturated fat), 198 mg cholesterol, 472 mg sodium, 67 g carbohydrate, 4 g fiber, 10 g protein.

CARIBBEAN CRABMEAT SALAD

3/4 cup equals 148 calories, 2 g fat (trace saturated fat), 3 mg cholesterol, 193 mg sodium, 26 g carbohydrate, 1 g fiber, 5 g protein. **Diabetic Exchange:** 2 starch.

CAROLINA MARINATED PORK TENDERLOIN

3 oz. cooked pork equals 160 calories, 4 g fat (1 g saturated fat), 63 mg cholesterol, 90 mg sodium, 7 g carbohydrate, 0 fiber, 22 g protein. **Diabetic Exchanges:** 3 lean meat, 1/2 starch.

CHEWY ENERGY BARS

1 bar equals 212 calories, 8 g fat (2 g saturated fat), 0 cholesterol, 115 mg sodium, 33 g carbohydrate, 2 g fiber, 6 g protein.

CHICKEN ARTICHOKE CASSEROLE

1 cup equals 614 calories, 41 g fat (9 g saturated fat), 70 mg cholesterol, 1,085 mg sodium, 33 g carbohydrate, 2 g fiber, 26 g protein.

CHICKEN IN WINE SAUCE

1 chicken breast half with 3 Tbsp. sauce equals 260 calories, 5 g fat (1 g saturated fat), 131 mg cholesterol, 266 mg sodium, 16 g carbohydrate, 1 g fiber, 34 g protein.

CHICKEN MARINARA

1 serving (calculated without pasta) equals 241 calories, 3 g fat (1 g saturated fat), 63 mg cholesterol, 930 mg sodium, 21 g carbohydrate, 4 g fiber, 27 g protein.

CHICKEN PASTA CASSEROLE

1-1/3 cups equals 546 calories, 26 g fat (15 g saturated fat), 186 mg cholesterol, 780 mg sodium, 35 g carbohydrate, 2 g fiber, 38 g protein.

CHICKEN ROLL-EM UPS

1 wrap equals 545 calories, 29 g fat (15 g saturated fat), 121 mg cholesterol, 929 mg sodium, 28 g carbohydrate, 3 g fiber, 37 g protein.

CHILI STEAK & PEPPERS

1 steak with 1/3 cup pepper mixture and 1 Tbsp. sauce equals 265 calories, 9 g fat (3 g saturated fat), 62 mg cholesterol, 491 mg sodium, 12 g carbohydrate, 2 g fiber, 32 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1 fat.

CHOCOLATE CAKE MIX COOKIES

1 cookie equals 113 calories, 7 g fat (4 g saturated fat), 15 mg cholesterol, 111 mg sodium, 13 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

CHOCOLATE CHIP TOFFEE BARS

1 bar equals 246 calories, 13 g fat (6 g saturated fat), 24 mg cholesterol, 112 mg sodium, 30 g carbohydrate, 1 g fiber, 3 g protein.

CHOCOLATE CHIP ZUCCHINI BREAD

1 slice equals 270 calories, 13 g fat (3 g saturated fat), 26 mg cholesterol, 171 mg sodium, 37 g carbohydrate, 1 g fiber, 3 g protein.

CIDER PORK CHOPS

1 serving equals 290 calories, 12 g fat (4 g saturated fat), 86 mg cholesterol, 393 mg sodium, 13 g carbohydrate, 1 g fiber, 31 g protein. **Diabetic Exchanges:** 4-1/2 lean meat, 1 fruit.

CINNAMON GRAHAM SUNDAES

1 serving equals 268 calories, 13 g fat (7 g saturated fat), 46 mg cholesterol, 160 mg sodium, 43 g carbohydrate, 1 g fiber, 5 g protein.

CONFETTI TILAPIA PACKETS

1 packet equals 141 calories, 3 g fat (1 g saturated fat), 60 mg cholesterol, 459 mg sodium, 5 g carbohydrate, 2 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable.

COOKIE PRETZEL PEANUT BARK

1 piece equals 58 calories, 3 g fat (2 g saturated fat), trace cholesterol, 51 mg sodium, 7 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

CRANBERRY PARTY MIX

3/4 cup equals 348 calories, 20 g fat (4 g saturated fat), 9 mg cholesterol, 427 mg sodium, 43 g carbohydrate, 5 g fiber, 5 g protein.

CRUNCHY TUNA SALAD

1-1/3 cups equals 338 calories, 20 g fat (4 g saturated fat), 30 mg cholesterol, 599 mg sodium, 20 g carbohydrate, 3 g fiber, 19 g protein.

DELI BEEF SANDWICHES WITH HORSERADISH MAYONNAISE

1 sandwich equals 471 calories, 27 g fat (4 g saturated fat), 57 mg cholesterol, 947 mg sodium, 33 g carbohydrate, 5 g fiber, 25 g protein.

DOUBLE-DECKER FUDGE

1 piece equals 47 calories, 2 g fat (1 g saturated fat), 2 mg cholesterol, 15 mg sodium, 6 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchange:** 1/2 starch.

EASY MORNING WAFFLES

2 waffles with about 2 Tbsp. syrup equals 464 calories, 25 g fat (10 g saturated fat), 130 mg cholesterol, 442 mg sodium, 53 g carbohydrate, 1 g fiber, 9 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 Exchange:** Free food.

FRENCH DIP AU JUS

1 sandwich with 1 cup au jus equals 692 calories, 19 g fat (9 g saturated fat), 125 mg cholesterol, 2,241 mg sodium, 68 g carbohydrate, 3 g fiber, 60 g protein.

FROZEN STRAWBERRY DELIGHT

1 slice equals 256 calories, 9 g fat (6 g saturated fat), 13 mg cholesterol, 99 mg sodium, 39 g carbohydrate, 2 g fiber, 4 g protein.

FRUITY SANGRIA SALAD

3/4 cup (calculated without whipped topping) equals 94 calories, trace fat (trace saturated fat), 0 cholesterol, 5 mg sodium, 24 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchanges:** 1 fruit, 1/2 starch.

GARDEN ZUCCHINI & CORN SAUTE

3/4 cup equals 72 calories, 2 g fat (trace saturated fat), 0 cholesterol, 192 mg sodium, 13 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 starch.

GOOEY CHOCOLATE-PEANUT BARS

1 bar equals 175 calories, 8 g fat (3 g saturated fat), 6 mg cholesterol, 71 mg sodium, 24 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 2 fat, 1 starch.

GREEK COUNTRY SALAD

3/4 cup (calculated without French bread) equals 194 calories, 14 g fat (4 g saturated fat), 15 mg cholesterol, 644 mg sodium, 11 g carbohydrate, 4 g fiber, 7 g protein.

GRILLED CAESAR CHICKEN BREASTS

1 chicken breast half equals 262 calories, 14 g fat (3 g saturated fat), 83 mg cholesterol, 349 mg sodium, 3 g carbohydrate, trace fiber, 29 g protein.

GRILLED STEAK APPETIZERS WITH STILTON SAUCE

1 appetizer with 1-1/2 tsp. sauce equals 60 calories, 4 g fat (2 g saturated fat), 19 mg cholesterol, 64 mg sodium, trace carbohydrate, trace fiber, 6 g protein. **Diabetic Exchanges:** 1 lean meat, 1/2 fat.

HAM & CORN CHOWDER

1 cup (calculated without garnishes) equals 202 calories, 3 g fat (1 g saturated fat), 9 mg cholesterol, 909 mg sodium, 35 g carbohydrate, 3 g fiber, 8 g protein.

HONEY-MUSTARD CHICKEN SALAD

1 serving equals 323 calories, 11 g fat (3 g saturated fat), 67 mg cholesterol, 473 mg sodium, 29 g carbohydrate, 3 g fiber, 28 g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 fruit, 1 vegetable, 1 fat.

ITALIAN BREAD SALAD

1 cup (calculated without lettuce) equals 176 calories, 9 g fat (2 g saturated fat), 2 mg cholesterol, 222 mg sodium, 20 g carbohydrate, 2 g fiber, 5 g protein.

ITALIAN SAUSAGE DINNER

1-1/2 cups equals 287 calories, 15 g fat (5 g saturated fat), 36 mg cholesterol, 567 mg sodium, 26 g carbohydrate, 5 g fiber, 14 g protein.

JALAPENO AVOCADO SALAD

3/4 cup equals 93 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 18 mg sodium, 10 g carbohydrate, 4 g fiber, 2 g protein. **Diabetic Exchanges:** 2 vegetable, 1 fat.

LAMB WITH SAUTEED VEGGIES

1 serving equals 255 calories, 14 g fat (3 g saturated fat), 68 mg cholesterol, 289 mg sodium, 9 g carbohydrate, 2 g fiber, 23 g protein.

LEMON ICE

1 serving (calculated without chocolate syrup) equals 156 calories, 1 g fat (1 g saturated fat), 4 mg cholesterol, 34 mg sodium, 36 g carbohydrate, 0 fiber, 1 g protein.

MARINATED PORK MEDALLIONS

5 oz. cooked pork equals 364 calories, 14 g fat (3 g saturated fat), 101 mg cholesterol, 877 mg sodium, 21 g carbohydrate, trace fiber, 37 g protein.

MARSHMALLOW POPS

1 marshmallow pop (calculated without toppings) equals 131 calories, 6 g fat (3 g saturated fat), 0 cholesterol, 8 mg sodium, 21 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

MINT BROWNIES

1 brownie equals 194 calories, 11 g fat (4 g saturated fat), 18 mg cholesterol, 94 mg sodium, 23 g carbohydrate, 1 g fiber, 2 g protein.

MONKEY CUPCAKES

1 cupcake equals 265 calories, 12 g fat (4 g saturated fat), 27 mg cholesterol, 247 mg sodium, 36 g carbohydrate, 1 g fiber, 3 g protein.

MUSHROOM PEPPER OMELET

1/2 omelet (calculated without optional ingredients) equals 392 calories, 32 g fat (17 g saturated fat), 586 mg cholesterol, 1,009 mg sodium, 4 g carbohydrate, 1 g fiber, 23 g protein.

NUTTY MAPLE MUFFINS

1 muffin equals 219 calories, 10 g fat (3 g saturated fat), 21 mg cholesterol, 114 mg sodium, 29 g carbohydrate, 1 g fiber, 3 g protein.

PEACH & SAUSAGE BREAKFAST SQUARES

1 piece equals 511 calories, 21 g fat (6 g saturated fat), 61 mg cholesterol, 837 mg sodium, 74 g carbohydrate, 2 g fiber, 9 g protein.

PEANUT BUTTER & BANANA SMOOTHIE

1 serving equals 393 calories, 13 g fat (4 g saturated fat), 19 mg cholesterol, 214 mg sodium, 61 g carbohydrate, 4 g fiber, 15 g protein.

PEPPERONI PIZZA PASTA

1 piece equals 316 calories, 18 g fat (8 g saturated fat), 111 mg cholesterol, 808 mg sodium, 20 g carbohydrate, 2 g fiber, 19 g protein.

PLAY DOUGH

Nutrition Facts do not apply.

PLUM-GOOD PORK CHOPS

1 chop with 3/4 cup broccoli mixture equals 373 calories, 11 g fat (3 g saturated fat), 86 mg cholesterol, 685 mg sodium, 30 g carbohydrate, 3 g fiber, 33 g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 starch, 1 vegetable, 1/2 fat.

PLUM-TOPPED CHOCOLATE KUCHEN

1 slice (calculated without whipped cream or confectioners' sugar) equals 263 calories, 13 g fat (7 g saturated fat), 56 mg cholesterol, 286 mg sodium, 34 g carbohydrate, 2 g fiber, 4 g protein.

POLENTA PARMIGIANA

1 appetizer equals 108 calories, 7 g fat (3 g saturated fat), 12 mg cholesterol, 273 mg sodium, 7 g carbohydrate, 1 g fiber, 4 g protein.

RAISIN CAKE COOKIES

1 cookie equals 100 calories, 4 g fat (2 g saturated fat), 15 mg cholesterol, 65 mg sodium, 15 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

RANCH PASTA SALAD

3/4 cup equals 285 calories, 17 g fat (3 g saturated fat), 8 mg cholesterol, 317 mg sodium, 27 g carbohydrate, 1 g fiber, 6 g protein.

RICE VEGETABLE SALAD

3/4 cup equals 279 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 245 mg sodium, 38 g carbohydrate, 6 g fiber, 7 g protein.

ROASTED VEGETABLE PENNE BAKE

1-1/3 cups equals 283 calories, 12 g fat (5 g saturated fat), 19 mg cholesterol, 520 mg sodium, 33 g carbohydrate, 5 g fiber, 14 g protein. **Diabetic Exchanges:** 2 vegetable, 1-1/2 starch, 1 lean meat, 1/2 fat.

SALSA SLOPPY JOES

1 sandwich equals 271 calories, 8 g fat (3 g saturated fat), 35 mg cholesterol, 620 mg sodium, 32 g carbohydrate, 1 g fiber, 15 g protein. **Diabetic Exchanges:** 2 starch, 1 medium-fat meat.

SEASONED COUSCOUS

1 cup equals 185 calories, 3 g fat (1 g saturated fat), 5 mg cholesterol, 299 mg sodium, 36 g carbohydrate, 2 g fiber, 7 g protein.

SESAME SHRIMP & RICE

1 cup shrimp mixture with 1/2 cup rice equals 407 calories, 11 g fat (1 g saturated fat), 172 mg cholesterol, 330 mg sodium, 49 g carbohydrate, 3 g fiber, 28 g protein.

SMOKY GRILLED SHRIMP

1 shrimp with 1 tsp. sauce equals 79 calories, 6 g fat (1 g saturated fat), 23 mg cholesterol, 170 mg sodium, 2 g carbohydrate, trace fiber, 4 g protein.

SOUTHWESTERN WAGON WHEELS

1 cup beef mixture with 1 cup pasta and 1 Tbsp. cheese equals 542 calories, 14 g fat (7 g saturated fat), 78 mg cholesterol, 1,099 mg sodium, 70 g carbohydrate, 4 g fiber, 30 g protein.

SPINACH ALMOND SALAD

1 cup equals 284 calories, 18 g fat (3 g saturated fat), 9 mg cholesterol, 275 mg sodium, 29 g carbohydrate, 4 g fiber, 6 g protein.

SPINACH-STUFFED CHICKEN POCKETS

1 serving equals 509 calories, 34 g fat (13 g saturated fat), 166 mg cholesterol, 805 mg sodium, 16 g carbohydrate, 1 g fiber, 36 g protein.

STRAWBERRY SCONES WITH LEMON GLAZE

1 scone equals 468 calories, 24 g fat (15 g saturated fat), 79 mg cholesterol, 376 mg sodium, 60 g carbohydrate, 1 g fiber, 4 g protein.

STRAWBERRY SPRITZER

1-1/4 cups equals 215 calories, trace fat (trace saturated fat), 0 cholesterol, 31 mg sodium, 56 g carbohydrate, 1 g fiber, trace protein.

SUNSHINE CUPCAKES

Nutrition Facts do not apply.

TACO BISCUIT BAKE

1 serving (calculated without salsa and sour cream) equals 422 calories, 14 g fat (6 g saturated fat), 62 mg cholesterol, 1,439 mg sodium, 49 g carbohydrate, 1 g fiber, 26 g protein.

TACO SOUP

1 cup (calculated without tortilla chips, cheddar cheese and tortillas) equals 380 calories, 13 g fat (5 g saturated fat), 53 mg cholesterol, 1,395 mg sodium, 38 g carbohydrate, 9 g fiber, 23 g protein.

TOMATO TART WITH THREE CHEESES

1 each equals 461 calories, 27 g fat (10 g saturated fat), 31 mg cholesterol, 575 mg sodium, 38 g carbohydrate, 5 g fiber, 18 g protein.

TOMATO-BASIL TURKEY BURGERS

1 burger equals 810 calories, 39 g fat (16 g saturated fat), 126 mg cholesterol, 887 mg sodium, 82 g carbohydrate, 5 g fiber, 36 g protein.

UNWRAPPED BACON SCALLOPS

1 cup scallop mixture with 3/4 cup rice equals 597 calories, 35 g fat (13 g saturated fat), 79 mg cholesterol, 1,061 mg sodium, 40 g carbohydrate, 3 g fiber, 30 g protein.

VEGETABLE CHICKEN SOUP

1-1/2 cups equals 212 calories, 6 g fat (2 g saturated fat), 36 mg cholesterol, 1,236 mg sodium, 27 g carbohydrate, 6 g fiber, 15 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.