

ALL-AMERICAN HAMBURGERS

1 burger (calculated without optional toppings) equals 472 calories, 25 g fat (10 g saturated fat), 98 mg cholesterol, 947 mg sodium, 27 g carbohydrate, 1 g fiber, 33 g protein.

ALMOND TEA

1 cup equals 179 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 44 g carbohydrate, trace fiber, trace protein.

ASIAN PEAR SALAD

1 serving equals 375 calories, 26 g fat (7 g saturated fat), 30 mg cholesterol, 506 mg sodium, 27 g carbohydrate, 6 g fiber, 10 g protein.

ASPARAGUS TOMATO SALAD

3/4 cup (calculated without Parmesan cheese and sunflower kernels) equals 81 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 78 mg sodium, 4 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

BANANA SPLIT BROWNIE CAKE

1 slice equals 487 calories, 21 g fat (7 g saturated fat), 36 mg cholesterol, 231 mg sodium, 71 g carbohydrate, 3 g fiber, 7 g protein.

BASIL CORN ON THE COB

1 ear of corn equals 225 calories, 13 g fat (7 g saturated fat), 30 mg cholesterol, 145 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g protein.

BERRIES WITH VANILLA CUSTARD

1/2 cup raspberries with 1/4 cup custard equals 166 calories, 9 g fat (5 g saturated fat), 132 mg cholesterol, 34 mg sodium, 16 g carbohydrate, 4 g fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1/2 starch, 1/2 fruit.

BERRY BLAST SMOOTHIES

1 cup equals 144 calories, trace fat (trace saturated fat), 1 mg cholesterol, 38 mg sodium, 35 g carbohydrate, 3 g fiber, 2 g protein.

BIG KAHUNA PIZZA

1 slice equals 443 calories, 14 g fat (5 g saturated fat), 45 mg cholesterol, 1,133 mg sodium, 56 g carbohydrate, 2 g fiber, 27 g protein.

BLUE CHEESE HERB LOAF

1 slice equals 111 calories, 4 g fat (2 g saturated fat), 7 mg cholesterol, 331 mg sodium, 17 g carbohydrate, trace fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

BLUEBERRY BANANA CREAM PIE

1 piece equals 490 calories, 26 g fat (15 g saturated fat), 84 mg cholesterol, 359 mg sodium, 61 g carbohydrate, 2 g fiber, 7 g protein.

BROCCOLI MUSHROOM SALAD

3/4 cup equals 98 calories, 7 g fat (2 g saturated fat), 11 mg cholesterol, 203 mg sodium, 6 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

BUFFALO CHICKEN

1 serving equals 349 calories, 19 g fat (5 g saturated fat), 101 mg cholesterol, 935 mg sodium, 7 g carbohydrate, trace fiber, 35 g protein.

BUTTERFINGER ICE CREAM

1/2 cup equals 167 calories, 8 g fat (5 g saturated fat), 10 mg cholesterol, 66 mg sodium, 21 g carbohydrate, trace fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

CHERRY CHIFFON GELATIN

1 slice equals 163 calories, 3 g fat (3 g saturated fat), 0 cholesterol, 50 mg sodium, 32 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchange:** 2 starch.

CHERRY CHOCOLATE FLOATS

1 serving (calculated without chocolate syrup and whipped cream) equals 240 calories, 7 g fat (4 g saturated fat), 22 mg cholesterol, 51 mg sodium, 44 g carbohydrate, 1 g fiber, 3 g protein.

CHICKEN BERRY SALAD

1-1/2 cups equals 426 calories, 25 g fat (5 g saturated fat), 70 mg cholesterol, 290 mg sodium, 22 g carbohydrate, 3 g fiber, 31 g protein.

CHICKEN BRUSCHETTA SANDWICHES

1 serving equals 517 calories, 27 g fat (7 g saturated fat), 78 mg cholesterol, 1,233 mg sodium, 31 g carbohydrate, 3 g fiber, 35 g protein.

CHILI CONEY DOGS

1 serving (calculated without optional ingredients) equals 371 calories, 20 g fat (8 g saturated fat), 53 mg cholesterol, 992 mg sodium, 26 g carbohydrate, 2 g fiber, 21 g protein.

CHIPOTLE SLIDERS

1 slider equals 377 calories, 25 g fat (8 g saturated fat), 67 mg cholesterol, 710 mg sodium, 16 g carbohydrate, 1 g fiber, 20 g protein.

CHOCOLATE ALMOND DESSERT

1 piece equals 215 calories, 11 g fat (5 g saturated fat), 27 mg cholesterol, 211 mg sodium, 26 g carbohydrate, 1 g fiber, 5 g protein.

CILANTRO-LIME SALMON

1 fillet equals 347 calories, 21 g fat (5 g saturated fat), 110 mg cholesterol, 255 mg sodium, 2 g carbohydrate, trace fiber, 35 g protein.

COUNTRY-STYLE RIBS

5 ounces cooked pork equals 434 calories, 16 g fat (6 g saturated fat), 98 mg cholesterol, 686 mg sodium, 42 g carbohydrate, 1 g fiber, 31 g protein.

CRISP CUCUMBER SALSA

1/4 cup (calculated without chips) equals 16 calories, 1 g fat (trace saturated fat), 2 mg cholesterol, 44 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchange:** Free food.

CRISPY SNACK MIX

3/4 cup equals 298 calories, 22 g fat (8 g saturated fat), 16 mg cholesterol, 420 mg sodium, 21 g carbohydrate, 2 g fiber, 5 g protein.

CUCUMBER-STUFFED CHERRY TOMATOES

1 stuffed tomato equals 25 calories, 2 g fat (1 g saturated fat), 4 mg cholesterol, 18 mg sodium, 1 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1/2 fat.

DELIGHTFUL APPLE PIE

1 piece (calculated without ice cream) equals 371 calories, 16 g fat (6 g saturated fat), 16 mg cholesterol, 136 mg sodium, 55 g carbohydrate, 3 g fiber, 4 g protein.

DILLED POTATOES WITH FETA

3/4 cup equals 221 calories, 11 g fat (4 g saturated fat), 15 mg cholesterol, 425 mg sodium, 22 g carbohydrate, 3 g fiber, 7 g protein.

DREAMY S'MORE PIE

1 piece equals 621 calories, 42 g fat (18 g saturated fat), 83 mg cholesterol, 247 mg sodium, 59 g carbohydrate, 2 g fiber, 7 g protein.

FOOLPROOF MUSHROOMS

1 appetizer equals 24 calories, 2 g fat (2 g saturated fat), 6 mg cholesterol, 38 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein.

FRESH SUMMER SALSA

1/4 cup salsa (calculated without chips) equals 56 calories, 3 g fat (trace saturated fat), 0 cholesterol, 56 mg sodium, 8 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchange:** 1/2 starch.

FROZEN BANANA TREATS

1 serving equals 307 calories, 15 g fat (5 g saturated fat), 0 cholesterol, 60 mg sodium, 44 g carbohydrate, 7 g fiber, 8 g protein.

GARLIC CHEESE BREAD SLICES

1 slice equals 458 calories, 30 g fat (8 g saturated fat), 34 mg cholesterol, 756 mg sodium, 33 g carbohydrate, 1 g fiber, 14 g protein.

GOLDEN POTATO SALAD

3/4 cup equals 269 calories, 21 g fat (3 g saturated fat), 8 mg cholesterol, 345 mg sodium, 18 g carbohydrate, 2 g fiber, 2 g protein.

GREEN BEAN SALAD

3/4 cup equals 131 calories, 11 g fat (2 g saturated fat), 3 mg cholesterol, 310 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

GRILLED CHICKEN SALAD WRAPS

1 wrap equals 599 calories, 37 g fat (5 g saturated fat), 57 mg cholesterol, 743 mg sodium, 41 g carbohydrate, 2 g fiber, 26 g protein.

GRILLED HALIBUT WITH BLUE-BERRY SALSA

1 fillet with 1/4 cup salsa equals 239 calories, 9 g fat (1 g saturated fat), 45 mg cholesterol, 521 mg sodium, 9 g carbohydrate, 1 g fiber, 30 g protein. **Diabetic Exchanges:** 4 lean meat, 1 fat, 1/2 starch.

GRILLED TERIYAKI PORK TENDERLOIN

3 ounces cooked pork equals 222 calories, 6 g fat (2 g saturated fat), 64 mg cholesterol, 957 mg sodium, 19 g carbohydrate, 1 g fiber, 25 g protein.

GRILLED VEGGIE PITA PIZZAS

1 pizza equals 403 calories, 18 g fat (9 g saturated fat), 45 mg cholesterol, 609 mg sodium, 41 g carbohydrate, 3 g fiber, 17 g protein.

HAM & MANGO QUESADILLAS

1 quesadilla with 1/4 cup salsa (calculated without sour cream) equals 459 calories, 24 g fat (13 g saturated fat), 70 mg cholesterol, 1,018 mg sodium, 38 g carbohydrate, 1 g fiber, 24 g protein.

HAM CARBONARA

1-1/2 cups equals 456 calories, 15 g fat (4 g saturated fat), 140 mg cholesterol, 915 mg sodium, 54 g carbohydrate, 5 g fiber, 28 g protein.

HEIRLOOM TOMATO SALAD

3/4 cup equals 74 calories, 6 g fat (1 g saturated fat), 3 mg cholesterol, 35 mg sodium, 4 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

HONEY-GLAZED CHICKEN KABOBS

1 kabob equals 363 calories, 22 g fat (2 g saturated fat), 73 mg cholesterol, 395 mg sodium, 14 g carbohydrate, 1 g fiber, 28 g protein.

ITALIAN ORZO SALAD

2/3 cup equals 288 calories, 12 g fat (3 g saturated fat), 11 mg cholesterol, 630 mg sodium, 34 g carbohydrate, 2 g fiber, 10 g protein.

KEY LIME MOUSSE CUPS

1 tart equals 69 calories, 4 g fat (2 g saturated fat), 12 mg cholesterol, 30 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

LEMON BURST TARTLETS

1 tartlet equals 89 calories, 3 g fat (1 g saturated fat), 7 mg cholesterol, 21 mg sodium, 14 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1 starch.

LEMON PLUM SORBET

3/4 cup equals 310 calories, 1 g fat (trace saturated fat), 0 cholesterol, trace sodium, 79 g carbohydrate, 1 g fiber, 1 g protein.

LEMON-MUSTARD PORK CHOPS

1 pork chop equals 239 calories, 10 g fat (4 g saturated fat), 82 mg cholesterol, 376 mg sodium, 3 g carbohydrate, trace fiber, 33 g protein. **Diabetic Exchange:** 5 lean meat.

MARGARITA CHICKEN

1 chicken breast half equals 251 calories, 4 g fat (1 g saturated fat), 94 mg cholesterol, 230 mg sodium, 19 g carbohydrate, trace fiber, 34 g protein. **Diabetic Exchanges:** 5 lean meat, 1 starch.

MARINATED SIRLOIN STEAK

5 ounces cooked steak equals 277 calories, 11 g fat (3 g saturated fat), 69 mg cholesterol, 997 mg sodium, 2 g carbohydrate, trace fiber, 38 g protein.

MIXED OLIVE CROSTINI

1 appetizer equals 102 calories, 6 g fat (2 g saturated fat), 9 mg cholesterol, 221 mg sodium, 10 g carbohydrate, 1 g fiber, 3 g protein.

NECTARINE-CHERRY COMPOTE

1 serving (calculated without ice cream) equals 111 calories, 1 g fat (trace saturated fat), 0 cholesterol, trace sodium, 27 g carbohydrate, 3 g fiber, 1 g protein. **Diabetic Exchanges:** 1 fruit, 1/2 starch.

ORANGE PINEAPPLE SMOOTHIES

1 cup equals 155 calories, trace fat (trace saturated fat), 0 cholesterol, 28 mg sodium, 37 g carbohydrate, 1 g fiber, 1 g protein.

ORANGE-GLAZED SALMON

1 fillet equals 418 calories, 18 g fat (4 g saturated fat), 100 mg cholesterol, 933 mg sodium, 29 g carbohydrate, trace fiber, 34 g protein.

PEACH CITRUS SMOOTHIES

1 cup equals 171 calories, 1 g fat (trace saturated fat), 2 mg cholesterol, 19 mg sodium, 42 g carbohydrate, 1 g fiber, 2 g protein.

PEACHES & CREAM DESSERT

1 piece equals 446 calories, 21 g fat (12 g saturated fat), 39 mg cholesterol, 241 mg sodium, 60 g carbohydrate, 2 g fiber, 4 g protein.

PEANUT CHICKEN POCKETS

2 stuffed pita halves equals 474 calories, 22 g fat (4 g saturated fat), 67 mg cholesterol, 669 mg sodium, 40 g carbohydrate, 3 g fiber, 29 g protein.

PEPPERED CORN SALAD

2/3 cup equals 123 calories, 5 g fat (trace saturated fat), 0 cholesterol, 203 mg sodium, 19 g carbohydrate, 3 g fiber, 3 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

PINEAPPLE CHICKEN

1 chicken breast half with 1/2 cup sauce and 2-1/2 pineapple slices (calculated without rice) equals 572 calories, 11 g fat (2 g saturated fat), 188 mg cholesterol, 627 mg sodium, 45 g carbohydrate, 1 g fiber, 69 g protein.

PORK CHOPS WITH CHIPOTLE CHERRY GLAZE

1 pork chop with 1/4 cup sauce equals 318 calories, 13 g fat (4 g saturated fat), 68 mg cholesterol, 217 mg sodium, 21 g carbohydrate, 2 g fiber, 28 g protein.

PUFF PASTRY CHICKEN BUNDLES

1 pastry equals 496 calories, 30 g fat (12 g saturated fat), 115 mg cholesterol, 571 mg sodium, 36 g carbohydrate, 5 g fiber, 19 g protein.

REFRIGERATOR LIME CHEESECAKE

1 slice equals 475 calories, 29 g fat (17 g saturated fat), 149 mg cholesterol, 187 mg sodium, 48 g carbohydrate, trace fiber, 8 g protein.

SAUSAGE & CHICKEN KABOBS

2 kabobs (calculated without ranch salad dressing) equals 304 calories, 17 g fat (6 g saturated fat), 69 mg cholesterol, 1,146 mg sodium, 16 g carbohydrate, 2 g fiber, 21 g protein.

SAUSAGE & PENNE MARINARA

1-1/3 cups (calculated without cheese) equals 299 calories, 13 g fat (4 g saturated fat), 30 mg cholesterol, 853 mg sodium, 33 g carbohydrate, 3 g fiber, 14 g protein.

SHRIMP & CUCUMBER ROUNDS

1 appetizer equals 20 calories, 1 g fat (trace saturated fat), 11 mg cholesterol, 38 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchange:** Free food.

SHRIMP SALAD

3/4 cup equals 316 calories, 23 g fat (4 g saturated fat), 134 mg cholesterol, 622 mg sodium, 18 g carbohydrate, 1 g fiber, 9 g protein.

SIMPLE SLOPPY JOES

1 bun with 2/3 cup beef mixture equals 478 calories, 18 g fat (6 g saturated fat), 70 mg cholesterol, 918 mg sodium, 49 g carbohydrate, 2 g fiber, 30 g protein.

SOUTHWEST STUFFED PEPPERS

1 stuffed pepper equals 301 calories, 14 g fat (8 g saturated fat), 61 mg cholesterol, 797 mg sodium, 23 g carbohydrate, 3 g fiber, 20 g protein.

SOUTHWEST ZUCCHINI BOATS

2 stuffed zucchini halves (calculated without sour cream) equals 387 calories, 23 g fat (11 g saturated fat), 95 mg cholesterol, 618 mg sodium, 15 g carbohydrate, 3 g fiber, 30 g protein.

SOUTHWESTERN STEAK SALADS

1 serving equals 290 calories, 16 g fat (4 g saturated fat), 49 mg cholesterol, 555 mg sodium, 10 g carbohydrate, 3 g fiber, 27 g protein.

SPECIAL SCALLOPS SALADS

1 serving equals 278 calories, 12 g fat (2 g saturated fat), 56 mg cholesterol, 482 mg sodium, 13 g carbohydrate, 2 g fiber, 30 g protein. **Diabetic Exchanges:** 4 lean meat, 2 fat, 1 vegetable, 1/2 starch.

SQUASH AND VEGGIE COUSCOUS

3/4 cup equals 203 calories, 7 g fat (4 g saturated fat), 16 mg cholesterol, 307 mg sodium, 32 g carbohydrate, 3 g fiber, 6 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 vegetable, 1 fat.

SQUASH SAUTE

2/3 cup equals 37 calories, 1 g fat (trace saturated fat), 0 cholesterol, 155 mg sodium, 6 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchange:** 1 vegetable.

STRAWBERRY LIME SMOOTHIES

1 cup equals 181 calories, 2 g fat (1 g saturated fat), 7 mg cholesterol, 65 mg sodium, 38 g carbohydrate, 2 g fiber, 5 g protein.

SUMMER GARDEN COUSCOUS SALAD

3/4 cup equals 171 calories, 6 g fat (1 g saturated fat), 3 mg cholesterol, 265 mg sodium, 25 g carbohydrate, 3 g fiber, 6 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

SUMMER VEGGIE SANDWICHES

1 sandwich equals 356 calories, 21 g fat (8 g saturated fat), 32 mg cholesterol, 360 mg sodium, 32 g carbohydrate, 8 g fiber, 11 g protein.

SUMMERTIME MELON SALAD

1 serving equals 264 calories, 1 g fat (trace saturated fat), 0 cholesterol, 48 mg sodium, 67 g carbohydrate, 4 g fiber, 4 g protein.

SWEET CUCUMBER SALAD

3/4 cup equals 64 calories, trace fat (trace saturated fat), 0 cholesterol, 297 mg sodium, 16 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 1 starch.

TANGY BEEF BRISKET

5 ounces cooked beef with 1/4 cup gravy equals 309 calories, 8 g fat (3 g saturated fat), 83 mg cholesterol, 940 mg sodium, 16 g carbohydrate, trace fiber, 40 g protein.

THREE-CHEESE VEGGIE PIZZA

1 piece equals 257 calories, 16 g fat (7 g saturated fat), 27 mg cholesterol, 661 mg sodium, 18 g carbohydrate, 1 g fiber, 11 g protein.

THREE-PEPPER COLESLAW

3/4 cup equals 36 calories, 1 g fat (trace saturated fat), 0 cholesterol, 158 mg sodium, 6 g carbohydrate, 2 g fiber, 1 g protein. **Diabetic Exchange:** 1 vegetable.

TILAPIA WITH SAUTEED SPINACH

1 fillet with 1/4 cup spinach and 1 tablespoon walnuts equals 362 calories, 21 g fat (3 g saturated fat), 115 mg cholesterol, 446 mg sodium, 9 g carbohydrate, 2 g fiber, 37 g protein.

TOMATO-BASIL BRUSCHETTA

1 appetizer equals 84 calories, 3 g fat (trace saturated fat), 0 cholesterol, 162 mg sodium, 12 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchange:** 1 starch.

TOSSED PEPPERONI PIZZA SALAD

1-1/2 cups equals 183 calories, 12 g fat (5 g saturated fat), 24 mg cholesterol, 580 mg sodium, 9 g carbohydrate, 2 g fiber, 10 g protein. **Diabetic Exchanges:** 1 medium-fat meat, 1 vegetable, 1 fat.

TROPICAL SPINACH & HAM SALAD

1-1/2 cups equals 216 calories, 15 g fat (1 g saturated fat), 19 mg cholesterol, 515 mg sodium, 12 g carbohydrate, 3 g fiber, 11 g protein.

WATERMELON COOLER

1 cup equals 86 calories, 0 fat (0 saturated fat), 0 cholesterol, 12 mg sodium, 24 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchanges:** 1 starch, 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.