

ASIAN CHICKEN WINGS

1 chicken wing equals 117 calories, 10 g fat (2 g saturated fat), 15 mg cholesterol, 96 mg sodium, 2 g carbohydrate, trace fiber, 6 g protein.

ASPARAGUS MOZZARELLA SALAD

2/3 cup equals 135 calories, 10 g fat (5 g saturated fat), 24 mg cholesterol, 132 mg sodium, 4 g carbohydrate, 1 g fiber, 6 g protein.

BACON-CHICKEN SANDWICHES

1 sandwich equals 599 calories, 25 g fat (7 g saturated fat), 100 mg cholesterol, 1,345 mg sodium, 46 g carbohydrate, 2 g fiber, 43 g protein.

BAKED BEAN SIDE DISH

2/3 cup equals 268 calories, 7 g fat (2 g saturated fat), 15 mg cholesterol, 882 mg sodium, 47 g carbohydrate, 8 g fiber, 8 g protein.

BANANA-BERRY PIE

1 piece equals 508 calories, 19 g fat (12 g saturated fat), 56 mg cholesterol, 495 mg sodium, 78 g carbohydrate, 1 g fiber, 9 g protein.

BARBECUE GRILLING SAUCE

2 Tbsp. equals 55 calories, trace fat (0 saturated fat), 0 cholesterol, 293 mg sodium, 14 g carbohydrate, trace fiber, trace protein.

BARBECUE-PORK SALAD

2 cups equals 339 calories, 20 g fat (3 g saturated fat), 63 mg cholesterol, 757 mg sodium, 12 g carbohydrate, 4 g fiber, 27 g protein.

BBQ BACON BURGERS

1 burger (calculated without lettuce and tomato) equals 564 calories, 36 g fat (13 g saturated fat), 107 mg cholesterol, 928 mg sodium, 24 g carbohydrate, 1 g fiber, 33 g protein.

BEEF & BEAN ENCHILADAS

1 enchilada with about 1 Tbsp. sauce and 2 tsp. olives equals 378 calories, 14 g fat (6 g saturated fat), 47 mg cholesterol, 993 mg sodium, 43 g carbohydrate, 6 g fiber, 22 g protein.

BISTRO BEEF BITES

1 appetizer equals 65 calories, 4 g fat (2 g saturated fat), 15 mg cholesterol, 122 mg sodium, 4 g carbohydrate, 1 g fiber, 3 g protein.

BLUE LAGOON MARGARITAS

1 cup equals 205 calories, 0 fat (0 saturated fat), 0 cholesterol, 5 mg sodium, 26 g carbohydrate, 1 g fiber, 0 protein.

BLUEBERRY SHORTCAKE SUNDAES

1 serving equals 349 calories, 13 g fat (8 g saturated fat), 95 mg cholesterol, 173 mg sodium, 56 g carbohydrate, 2 g fiber, 4 g protein.

BLUEBERRY-BLACKBERRY RUSTIC TART

1 slice (calculated without whipped cream) equals 464 calories, 17 g fat (10 g saturated fat), 67 mg cholesterol, 134 mg sodium, 74 g carbohydrate, 5 g fiber, 7 g protein.

BOK CHOY AND RADISHES

3/4 cup equals 59 calories, 5 g fat (2 g saturated fat), 8 mg cholesterol, 371 mg sodium, 3 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

BUMBLEBERRY PIE

1 piece equals 459 calories, 14 g fat (6 g saturated fat), 10 mg cholesterol, 202 mg sodium, 82 g carbohydrate, 2 g fiber, 3 g protein.

BUTTERSCOTCH TORTE

1 piece equals 413 calories, 22 g fat (12 g saturated fat), 36 mg cholesterol, 414 mg sodium, 49 g carbohydrate, trace fiber, 4 g protein.

CARIBBEAN FOUR-FRUIT SALSA

1/4 cup equals 16 calories, trace fat (trace saturated fat), 0 cholesterol, 61 mg sodium, 4 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchange:** Free food.

CHICKEN WITH GREEN CHILI SAUCE

1 chicken breast with 1/3 cup sauce and 1/2 cup rice equals 332 calories, 6 g fat (2 g saturated fat), 90 mg cholesterol, 634 mg sodium, 32 g carbohydrate, 1 g fiber, 33 g protein. **Diabetic Exchanges:** 4 lean meat, 2 starch.

CHILI-LIME CHICKEN WINGS

1 chicken wing equals 142 calories, 8 g fat (1 g saturated fat), 15 mg cholesterol, 198 mg sodium, 12 g carbohydrate, trace fiber, 5 g protein.

CHIPOTLE ROAST BEEF SANDWICHES

1 sandwich equals 727 calories, 40 g fat (8 g saturated fat), 73 mg cholesterol, 1,487 mg sodium, 66 g carbohydrate, 4 g fiber, 30 g protein.

CINNAMON CRESCENT TWISTS

1 twist equals 96 calories, 5 g fat (2 g saturated fat), 6 mg cholesterol, 128 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

COCONUT JOYS

1 piece equals 101 calories, 6 g fat (4 g saturated fat), 7 mg cholesterol, 38 mg sodium, 11 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** 1 starch, 1 fat.

COLORFUL ROSEMARY RICE

3/4 cup equals 162 calories, 2 g fat (1 g saturated fat), 5 mg cholesterol, 171 mg sodium, 32 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchange:** 2 starch.

COUNTRY RIB SANDWICHES

1 sandwich equals 405 calories, 13 g fat (4 g saturated fat), 65 mg cholesterol, 713 mg sodium, 45 g carbohydrate, 2 g fiber, 26 g protein.

CRAN-GRAPE COOLER

1 cup equals 140 calories, trace fat (0 saturated fat), 0 cholesterol, 32 mg sodium, 35 g carbohydrate, trace fiber, trace protein.

CREAMY CRAB DIP

1/4 cup dip (calculated without crackers) equals 153 calories, 12 g fat (6 g saturated fat), 62 mg cholesterol, 387 mg sodium, 2 g carbohydrate, trace fiber, 10 g protein.

CREAMY HERB SPREAD

2 Tbsp. equals 176 calories, 18 g fat (6 g saturated fat), 28 mg cholesterol, 175 mg sodium, 1 g carbohydrate, trace fiber, 2 g protein.

CREAMY SCRAMBLED EGGS WITH HAM

2/3 cup equals 383 calories, 33 g fat (17 g saturated fat), 504 mg cholesterol, 594 mg sodium, 3 g carbohydrate, trace fiber, 20 g protein.

CRUNCHY LIME & BERRY PARFAITS

1 serving equals 258 calories, 11 g fat (8 g saturated fat), 15 mg cholesterol, 204 mg sodium, 37 g carbohydrate, 3 g fiber, 2 g protein.

EASY SWEET SLAW

3/4 cup equals 251 calories, 22 g fat (3 g saturated fat), 10 mg cholesterol, 469 mg sodium, 12 g carbohydrate, 2 g fiber, 1 g protein.

EFFORTLESS GUACAMOLE

1/4 cup (calculated without lime juice and chips) equals 175 calories, 16 g fat (2 g saturated fat), 1 mg cholesterol, 159 mg sodium, 9 g carbohydrate, 6 g fiber, 2 g protein.

ELEGANT WEEKNIGHT CHICKEN

1 serving equals 300 calories, 14 g fat (7 g saturated fat), 110 mg cholesterol, 395 mg sodium, 4 g carbohydrate, 1 g fiber, 37 g protein.

FIESTA BEEF BOWLS

1 serving equals 460 calories, 11 g fat (4 g saturated fat), 74 mg cholesterol, 720 mg sodium, 52 g carbohydrate, 9 g fiber, 38 g protein.

FRUITED TUNA SALAD PITAS

2 filled pita halves equals 640 calories, 34 g fat (5 g saturated fat), 46 mg cholesterol, 899 mg sodium, 60 g carbohydrate, 8 g fiber, 29 g protein.

GRILLED ASIAN FLANK STEAK

4 oz. cooked steak equals 265 calories, 10 g fat (4 g saturated fat), 68 mg cholesterol, 1,050 mg sodium, 11 g carbohydrate, trace fiber, 29 g protein.

GRILLED CHICKEN SALAD WITH BLUEBERRY VINAIGRETTE

1 serving equals 430 calories, 24 g fat (7 g saturated fat), 82 mg cholesterol, 420 mg sodium, 34 g carbohydrate, 4 g fiber, 24 g protein.

GRILLED STEAKS WITH MUSHROOM SAUCE

1 serving equals 353 calories, 19 g fat (10 g saturated fat), 99 mg cholesterol, 447 mg sodium, 6 g carbohydrate, 2 g fiber, 40 g protein.

HAM AND EGG BREAKFAST CASSEROLES

1 slice equals 270 calories, 22 g fat (12 g saturated fat), 275 mg cholesterol, 489 mg sodium, 3 g carbohydrate, trace fiber, 15 g protein.

HONEY-BARBECUE CHICKEN WINGS

1 chicken wing equals 129 calories, 8 g fat (1 g saturated fat), 15 mg cholesterol, 419 mg sodium, 8 g carbohydrate, trace fiber, 6 g protein.

ITALIAN-STYLE GREEN BEANS

3/4 cup equals 103 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 423 mg sodium, 9 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

KITCHEN SINK COOKIES

1 cookie equals 101 calories, 5 g fat (3 g saturated fat), 15 mg cholesterol, 71 mg sodium, 13 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

LEMON PANNA COTTA WITH BERRIES

1 serving with 1/4 cup berries (calculated without Amaretto) equals 382 calories, 30 g fat (19 g saturated fat), 116 mg cholesterol, 73 mg sodium, 25 g carbohydrate, 2 g fiber, 4 g protein.

LEMON SNAP PEAS

2/3 cup equals 79 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 104 mg sodium, 8 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

LEMON-BERRY SHORTCAKE

1 slice equals 252 calories, 9 g fat (6 g saturated fat), 42 mg cholesterol, 245 mg sodium, 40 g carbohydrate, 2 g fiber, 4 g protein.

LEMON-BLUEBERRY MUFFINS

1 muffin equals 327 calories, 10 g fat (6 g saturated fat), 62 mg cholesterol, 166 mg sodium, 56 g carbohydrate, 1 g fiber, 4 g protein.

LEMON-GARLIC SPREAD

2 Tbsp. equals 195 calories, 21 g fat (3 g saturated fat), 7 mg cholesterol, 129 mg sodium, 1 g carbohydrate, trace fiber, trace protein.

LEMON-PINEAPPLE PUNCH

1 cup (calculated without optional ingredients) equals 182 calories, 1 g fat (trace saturated fat), 0 cholesterol, 26 mg sodium, 45 g carbohydrate, 1 g fiber, 1 g protein.

MARMALADE-GLAZED CHICKEN WINGS

1 chicken wing equals 122 calories, 8 g fat (1 g saturated fat), 15 mg cholesterol, 108 mg sodium, 7 g carbohydrate, trace fiber, 5 g protein.

MEXICAN CHICKEN AND RICE

1 serving equals 617 calories, 32 g fat (16 g saturated fat), 133 mg cholesterol, 1,478 mg sodium, 45 g carbohydrate, 5 g fiber, 33 g protein.

MOJITO SLUSH

2/3 cup slush with 2/3 cup soda (calculated without garnish) equals 278 calories, trace fat (trace saturated fat), 0 cholesterol, 28 mg sodium, 61 g carbohydrate, trace fiber, 1 g protein.

ORANGE-LEMON CAKE

1 slice equals 370 calories, 17 g fat (3 g saturated fat), 71 mg cholesterol, 320 mg sodium, 51 g carbohydrate, 0 fiber, 4 g protein.

ORZO CHEESECAKE FRUIT SALAD

3/4 cup equals 270 calories, 10 g fat (4 g saturated fat), 3 mg cholesterol, 101 mg sodium, 43 g carbohydrate, 2 g fiber, 3 g protein.

OVER-THE-TOP BLUEBERRY BREAD PUDDING

1 piece with about 2 Tbsp. sauce equals 869 calories, 54 g fat (33 g saturated fat), 195 mg cholesterol, 344 mg sodium, 89 g carbohydrate, 1 g fiber, 11 g protein.

PARMESAN ASPARAGUS ROLL-UPS

1 roll-up equals 34 calories, 2 g fat (1 g saturated fat), 1 mg cholesterol, 42 mg sodium, 3 g carbohydrate, trace fiber, 1 g protein.

PEACH CHICKEN

1 serving (calculated without pasta) equals 359 calories, 10 g fat (5 g saturated fat), 109 mg cholesterol, 278 mg sodium, 31 g carbohydrate, 1 g fiber, 35 g protein. **Diabetic Exchanges:** 5 lean meat, 1 starch, 1 fruit, 1 fat.

PEANUT BUTTER CRISPY BARS

1 bar equals 213 calories, 13 g fat (5 g saturated fat), 5 mg cholesterol, 112 mg sodium, 26 g carbohydrate, 2 g fiber, 3 g protein.

PESTO-CHICKEN PENNE CASSEROLES

1-1/3 cups equals 636 calories, 32 g fat (14 g saturated fat), 112 mg cholesterol, 867 mg sodium, 41 g carbohydrate, 3 g fiber, 43 g protein.

PINA COLADA FRUIT SALAD

3/4 cup equals 196 calories, 2 g fat (1 g saturated fat), 0 cholesterol, 12 mg sodium, 46 g carbohydrate, 2 g fiber, 1 g protein.

PINEAPPLE PORK STIR-FRY

1 cup (calculated without rice) equals 230 calories, 7 g fat (1 g saturated fat), 42 mg cholesterol, 1,295 mg sodium, 21 g carbohydrate, 2 g fiber, 19 g protein.

PINEAPPLE SALSA

1/4 cup equals 18 calories, trace fat (trace saturated fat), 0 cholesterol, 60 mg sodium, 5 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchange:** Free food.

PISTACHIO BAKED SALMON

1 fillet equals 505 calories, 28 g fat (5 g saturated fat), 100 mg cholesterol, 194 mg sodium, 25 g carbohydrate, 2 g fiber, 39 g protein.

PORTOBELLO LAMB CHOPS

1 lamb chop with 1 mushroom equals 429 calories, 19 g fat (4 g saturated fat), 57 mg cholesterol, 131 mg sodium, 44 g carbohydrate, 1 g fiber, 20 g protein.

QUICK PIZZA ROLLS

1 pizza roll equals 415 calories, 16 g fat (8 g saturated fat), 60 mg cholesterol, 903 mg sodium, 41 g carbohydrate, 4 g fiber, 27 g protein.

RATATOUILLE WITH POLENTA

1-1/2 cups ratatouille with 3 pieces of polenta equals 195 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 689 mg sodium, 34 g carbohydrate, 6 g fiber, 6 g protein. **Diabetic Exchanges:** 3 vegetable, 1 starch, 1 fat.

ROASTED RED PEPPER SPREAD

2 Tbsp. equals 23 calories, 2 g fat (trace saturated fat), 0 cholesterol, 172 mg sodium, 2 g carbohydrate, trace fiber, trace protein.

SAUSAGE MACARONI SKILLET

1 cup equals 603 calories, 19 g fat (8 g saturated fat), 57 mg cholesterol, 1,263 mg sodium, 84 g carbohydrate, 3 g fiber, 26 g protein.

SAVORY TOMATO TARTS

1 tart equals 71 calories, 5 g fat (1 g saturated fat), 6 mg cholesterol, 163 mg sodium, 3 g carbohydrate, trace fiber, 2 g protein.

SEASONED BROCCOLI SPEARS

3/4 cup equals 41 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 122 mg sodium, 3 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchange:** 1 vegetable.

SESAME SUMMER SALAD

3/4 cup equals 205 calories, 10 g fat (2 g saturated fat), trace cholesterol, 425 mg sodium, 26 g carbohydrate, 4 g fiber, 4 g protein.

SHRIMP & AVOCADO SALADS

1 serving equals 489 calories, 35 g fat (5 g saturated fat), 138 mg cholesterol, 638 mg sodium, 24 g carbohydrate, 8 g fiber, 24 g protein.

SHRIMP AND SCALLOP KABOBS

1 kabob with 2 Tbsp. sauce equals 399 calories, 35 g fat (22 g saturated fat), 170 mg cholesterol, 813 mg sodium, 3 g carbohydrate, trace fiber, 19 g protein.

SHRIMP PENNE WITH GARLIC SAUCE

1-1/2 cups equals 488 calories, 20 g fat (12 g saturated fat), 226 mg cholesterol, 1,205 mg sodium, 38 g carbohydrate, 2 g fiber, 37 g protein.

SPICY PAPRIKA HERB RUB

2 tsp. rub equals 14 calories, trace fat (trace saturated fat), 0 cholesterol, 152 mg sodium, 3 g carbohydrate, 1 g fiber, trace protein.

SPINACH CHEESE DIP

1/4 cup (calculated without chips) equals 118 calories, 9 g fat (6 g saturated fat), 28 mg cholesterol, 268 mg sodium, 3 g carbohydrate, 1 g fiber, 5 g protein.

SPINACH MANICOTTI WITH HAM

2 stuffed manicotti shells equals 468 calories, 23 g fat (13 g saturated fat), 82 mg cholesterol, 885 mg sodium, 41 g carbohydrate, 3 g fiber, 28 g protein.

STUFFED SHRIMP APPETIZERS

1 stuffed shrimp equals 36 calories, 1 g fat (trace saturated fat), 46 mg cholesterol, 82 mg sodium, 1 g carbohydrate, trace fiber, 5 g protein.

SUMMER CHICKEN SALAD WITH RASPBERRY VINAIGRETTE

2 cups equals 318 calories, 18 g fat (3 g saturated fat), 73 mg cholesterol, 287 mg sodium, 14 g carbohydrate, 4 g fiber, 27 g protein.

SWEET AND SPICY GRILLED CHICKEN

1 chicken breast half equals 207 calories, 4 g fat (1 g saturated fat), 94 mg cholesterol, 679 mg sodium, 6 g carbohydrate, 1 g fiber, 35 g protein. **Diabetic Exchanges:** 5 lean meat, 1/2 starch.

TOFFEE ICE CREAM PIE

1 piece with 3 Tbsp. sauce equals 496 calories, 27 g fat (14 g saturated fat), 51 mg cholesterol, 226 mg sodium, 63 g carbohydrate, 2 g fiber, 6 g protein.

TURKEY & SWISS WITH HERBED GREENS

1 sandwich equals 297 calories, 12 g fat (6 g saturated fat), 40 mg cholesterol, 686 mg sodium, 28 g carbohydrate, 5 g fiber, 20 g protein. **Diabetic Exchanges:** 2 starch, 2 lean meat, 1 fat.

TURKEY BEAN BURGERS

1 burger equals 384 calories, 18 g fat (5 g saturated fat), 58 mg cholesterol, 555 mg sodium, 33 g carbohydrate, 4 g fiber, 22 g protein.

TURKEY FRIED RICE

1-1/2 cups equals 408 calories, 19 g fat (4 g saturated fat), 144 mg cholesterol, 1,067 mg sodium, 39 g carbohydrate, 2 g fiber, 20 g protein.

TURKEY PICCATA

3 oz. cooked turkey with about 1 Tbsp. sauce equals 301 calories, 16 g fat (7 g saturated fat), 101 mg cholesterol, 557 mg sodium, 6 g carbohydrate, trace fiber, 32 g protein.

UPSIDE-DOWN BERRY CAKE

1 piece equals 276 calories, 7 g fat (2 g saturated fat), 28 mg cholesterol, 249 mg sodium, 51 g carbohydrate, 1 g fiber, 3 g protein.

ZESTY BAKED CATFISH

1 fillet equals 259 calories, 16 g fat (3 g saturated fat), 80 mg cholesterol, 386 mg sodium, 2 g carbohydrate, 1 g fiber, 27 g protein.

ZESTY CHICKEN MARINARA

1 serving equals 730 calories, 21 g fat (5 g saturated fat), 160 mg cholesterol, 929 mg sodium, 61 g carbohydrate, 5 g fiber, 69 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.