

ALL-STAR MUFFIN MIX

1 plain muffin equals 208 calories, 9 g fat (5 g saturated fat), 39 mg cholesterol, 244 mg sodium, 30 g carbohydrate, 1 g fiber, 3 g protein.

AU GRATIN POTATO PANCAKES

2 pancakes equals 267 calories, 19 g fat (4 g saturated fat), 68 mg cholesterol, 567 mg sodium, 16 g carbohydrate, 3 g fiber, 6 g protein.

BACON & GORGONZOLA POTATO SALAD

3/4 cup equals 566 calories, 36 g fat (12 g saturated fat), 60 mg cholesterol, 1,226 mg sodium, 43 g carbohydrate, 4 g fiber, 16 g protein.

BROILED CHICKEN SANDWICHES

1 sandwich equals 532 calories, 22 g fat (10 g saturated fat), 138 mg cholesterol, 683 mg sodium, 38 g carbohydrate, 1 g fiber, 49 g protein.

BUTTERY CAJUN POPCORN

1 cup equals 83 calories, 5 g fat (3 g saturated fat), 12 mg cholesterol, 256 mg sodium, 9 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

CAESAR CHICKEN BURGERS

1 burger equals 416 calories, 22 g fat (7 g saturated fat), 89 mg cholesterol, 760 mg sodium, 24 g carbohydrate, 2 g fiber, 29 g protein.

CARAMELIZED ANGEL FOOD CAKE SUNDAES

1 slice of cake with 1/2 cup ice cream and about 2 Tbsp. sour cream mixture equals 404 calories, 22 g fat (14 g saturated fat), 62 mg cholesterol, 360 mg sodium, 47 g carbohydrate, 1 g fiber, 6 g protein.

CHICKEN & PITA SALAD

1 serving equals 362 calories, 16 g fat (3 g saturated fat), 68 mg cholesterol, 737 mg sodium, 21 g carbohydrate, 4 g fiber, 33 g protein.

CHICKEN & SAUSAGE MANICOTTI

2 stuffed manicotti equals 499 calories, 21 g fat (9 g saturated fat), 101 mg cholesterol, 1,324 mg sodium, 45 g carbohydrate, 5 g fiber, 34 g protein.

CHICKEN SPAGHETTI CASSEROLE

1-1/3 cups equals 549 calories, 25 g fat (11 g saturated fat), 109 mg cholesterol, 957 mg sodium, 40 g carbohydrate, 2 g fiber, 38 g protein.

CHICKEN TORTELLINI ALFREDO

1 cup equals 393 calories, 20 g fat (9 g saturated fat), 71 mg cholesterol, 542 mg sodium, 31 g carbohydrate, 4 g fiber, 23 g protein.

CHILI MAC

1-1/3 cups equals 409 calories, 19 g fat (9 g saturated fat), 88 mg cholesterol, 880 mg sodium, 28 g carbohydrate, 4 g fiber, 30 g protein.

CHOCOLATE FRUIT BASKET CAKE

1 slice equals 673 calories, 31 g fat (13 g saturated fat), 57 mg cholesterol, 440 mg sodium, 94 g carbohydrate, 5 g fiber, 7 g protein.

CHOCOLATE-FRUIT CREPES

2 filled crepes (calculated without whipped cream) equals 241 calories, 6 g fat (3 g saturated fat), 74 mg cholesterol, 109 mg sodium, 41 g carbohydrate, 1 g fiber, 5 g protein.

CIRCUS CAKE

Nutrition Facts do not apply.

COCONUT TWICE-BAKED SWEET POTATOES

1 stuffed sweet potato half equals 137 calories, 7 g fat (4 g saturated fat), 0 cholesterol, 175 mg sodium, 18 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 starch, 1 fat.

COLORFUL EASTER CAKE

Nutrition Facts do not apply.

CORNED BEEF HASH

1-1/3 cups equals 261 calories, 16 g fat (7 g saturated fat), 255 mg cholesterol, 1,051 mg sodium, 15 g carbohydrate, 2 g fiber, 13 g protein.

CREAMY PESTO PENNE WITH VEGETABLE RIBBONS

1-1/2 cups equals 521 calories, 33 g fat (16 g saturated fat), 79 mg cholesterol, 315 mg sodium, 45 g carbohydrate, 7 g fiber, 15 g protein.

CREAMY RASPBERRY DESSERT

1 slice (calculated without chocolate) equals 292 calories, 17 g fat (12 g saturated fat), 31 mg cholesterol, 151 mg sodium, 31 g carbohydrate, trace fiber, 3 g protein.

CRISP BUTTON COOKIES

1 cookie equals 78 calories, 4 g fat (2 g saturated fat), 14 mg cholesterol, 42 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

CURVEBALL CUPCAKES

1 cupcake equals 220 calories, 10 g fat (3 g saturated fat), 26 mg cholesterol, 275 mg sodium, 32 g carbohydrate, 0 fiber, 1 g protein.

DILLED BRUSSELS SPROUT MEDLEY

3/4 cup equals 78 calories, 5 g fat (2 g saturated fat), 8 mg cholesterol, 215 mg sodium, 8 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1 fat.

DOWN-HOME PORK CHOPS

1 pork chop with about 2 Tbsp. sauce equals 219 calories, 10 g fat (3 g saturated fat), 55 mg cholesterol, 376 mg sodium, 8 g carbohydrate, trace fiber, 23 g protein. Diabetic Exchanges: 3 lean meat, 1 fat, 1/2 starch.

EGG SALAD POCKETS

2 stuffed pockets equals 497 calories, 27 g fat (10 g saturated fat), 462 mg cholesterol, 1,148 mg sodium, 42 g carbohydrate, 2 g fiber, 21 g protein.

ENCHILADA HASH BROWN CASSEROLE

1 cup potato mixture with 1 egg equals 347 calories, 19 g fat (10 g saturated fat), 255 mg cholesterol, 1,080 mg sodium, 28 g carbohydrate, 5 g fiber, 21 g protein.

FLOWERS AND VINES CAKE

Nutrition Facts do not apply.

GARDEN VEGETABLE & CHICKEN SKILLET

1-1/2 cups equals 355 calories, 11 g fat (5 g saturated fat), 109 mg cholesterol, 453 mg sodium, 25 g carbohydrate, 3 g fiber, 38 g protein. Diabetic Exchanges: 5 lean meat, 1 starch, 1 vegetable, 1 fat.

GREEN BEANS WITH LEMON AND PINE NUTS

3/4 cup equals 68 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 153 mg sodium, 6 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1 fat.

GYRO-STYLE TURKEY PITAS

2 stuffed pita halves equals 614 calories, 35 g fat (11 g saturated fat), 108 mg cholesterol, 965 mg sodium, 46 g carbohydrate, 2 g fiber, 25 g protein.

HAM AND PENNE MILANO

1-1/2 cups equals 430 calories, 14 g fat (5 g saturated fat), 57 mg cholesterol, 1,262 mg sodium, 48 g carbohydrate, 3 g fiber, 30 g protein.

HAM WITH SPICED-CHERRY SAUCE

5 oz. cooked ham with about 1-1/2 Tbsp. glaze equals 269 calories, 5 g fat (2 g saturated fat), 77 mg cholesterol, 1,570 mg sodium, 28 g carbohydrate, trace fiber, 28 g protein.

HEARTY RED BEANS & RICE

1 cup sausage mixture with 1/2 cup rice equals 403 calories, 10 g fat (4 g saturated fat), 30 mg cholesterol, 1,031 mg sodium, 57 g carbohydrate, 8 g fiber, 19 g protein.

HEARTY SHEPHERD'S PIE

1 serving equals 419 calories, 22 g fat (12 g saturated fat), 91 mg cholesterol, 985 mg sodium, 31 g carbohydrate, 4 g fiber, 23 g protein.

IN A SNAP PEPPERONI SALAD

2/3 cup equals 312 calories, 23 g fat (4 g saturated fat), 16 mg cholesterol, 303 mg sodium, 24 g carbohydrate, 2 g fiber, 3 g protein.

ITALIAN CLOVERLEAF ROLLS

1 roll equals 187 calories, 6 g fat (3 g saturated fat), 29 mg cholesterol, 380 mg sodium, 27 g carbohydrate, 1 g fiber, 5 g protein. Diabetic Exchanges: 1-1/2 starch, 1 fat.

ITALIAN STEAKS

1 steak with 1/4 cup sauce and 1 Tbsp. cheese equals 264 calories, 11 g fat (3 g saturated fat), 104 mg cholesterol, 435 mg sodium, 9 g carbohydrate, 1 g fiber, 29 g protein. Diabetic Exchanges: 4 lean meat, 1 fat, 1/2 starch.

JAZZED-UP CLAM CHOWDER

1 cup (calculated without crackers) equals 211 calories, 10 g fat (5 g saturated fat), 14 mg cholesterol, 780 mg sodium, 24 g carbohydrate, 2 g fiber, 8 g protein.

LEMON CHICKEN PRIMAVERA

1-1/4 cups equals 405 calories, 13 g fat (4 g saturated fat), 74 mg cholesterol, 851 mg sodium, 35 g carbohydrate, 5 g fiber, 35 g protein.

LEMON-NUT TWISTS

1 twist equals 312 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 342 mg sodium, 53 g carbohydrate, 3 g fiber, 7 g protein.

MEAT LOAF WELLINGTON

1 slice with 4-1/2 tsp. sauce equals 300 calories, 15 g fat (5 g saturated fat), 82 mg cholesterol, 582 mg sodium, 18 g carbohydrate, 1 g fiber, 22 g protein.

MEDITERRANEAN STEAK & EGG PITAS

1 serving equals 483 calories, 18 g fat (6 g saturated fat), 270 mg cholesterol, 1,053 mg sodium, 38 g carbohydrate, 3 g fiber, 40 g protein.

MEXICAN CHICKEN CHILI

1-1/3 cups equals 254 calories, 5 g fat (1 g saturated fat), 42 mg cholesterol, 843 mg sodium, 31 g carbohydrate, 8 g fiber, 23 g protein.

OCEAN CAKE

Nutrition Facts do not apply.

ON-THE-GO GRANOLA BARS

1 bar equals 208 calories, 6 g fat (4 g saturated fat), 13 mg cholesterol, 105 mg sodium, 38 g carbohydrate, 2 g fiber, 2 g protein.

OPEN-FACED TEXAS BURGERS

1 burger equals 614 calories, 36 g fat (17 g saturated fat), 133 mg cholesterol, 939 mg sodium, 31 g carbohydrate, 2 g fiber, 41 g protein.

ORANGE-GLAZED PORK CHOPS

1 pork chop with 2 Tbsp. glaze equals 366 calories, 18 g fat (9 g saturated fat), 105 mg cholesterol, 338 mg sodium, 17 g carbohydrate, trace fiber, 33 g protein.

PARMESAN MUNCH MIX

2/3 cup equals 123 calories, 6 g fat (2 g saturated fat), 10 mg cholesterol, 277 mg sodium, 15 g carbohydrate, 1 g fiber, 3 g protein.

PARMESAN PORK ROAST

5 oz. cooked pork with 3 Tbsp. gravy equals 330 calories, 13 g fat (4 g saturated fat), 95 mg cholesterol, 529 mg sodium, 15 g carbohydrate, trace fiber, 38 g protein.

PARMESAN-CRUSTED TILAPIA

1 fillet equals 287 calories, 13 g fat (3 g saturated fat), 125 mg cholesterol, 440 mg sodium, 12 g carbohydrate, trace fiber, 31 g protein.

PASTA AND BEAN SOUP

1 cup equals 250 calories, 7 g fat (2 g saturated fat), 15 mg cholesterol, 863 mg sodium, 34 g carbohydrate, 7 g fiber, 14 g protein.

PASTRY-TOPPED SALMON CASSEROLE

1 cup equals 417 calories, 26 g fat (16 g saturated fat), 90 mg cholesterol, 943 mg sodium, 28 g carbohydrate, 3 g fiber, 19 g protein.

PEANUT BUTTER PIE

1 piece (calculated without peanuts) equals 434 calories, 27 g fat (11 g saturated fat), 16 mg cholesterol, 276 mg sodium, 40 g carbohydrate, 2 g fiber, 8 g protein.

PIMIENTO & CHEESE DEVEILED EGGS

1 stuffed egg half equals 66 calories, 5 g fat (2 g saturated fat), 109 mg cholesterol, 90 mg sodium, 1 g carbohydrate, trace fiber, 4 g protein.

POTATO AND MUSHROOM GRATIN

3/4 cup equals 426 calories, 25 g fat (15 g saturated fat), 81 mg cholesterol, 326 mg sodium, 41 g carbohydrate, 3 g fiber, 11 g protein.

POTATO-CRAB CAKES WITH LIME BUTTER

1 crab cake with 2 tsp. butter equals 200 calories, 16 g fat (6 g saturated fat), 77 mg cholesterol, 260 mg sodium, 5 g carbohydrate, trace fiber, 9 g protein.

POTATO-LENTIL STEW

1-2/3 cups equals 295 calories, 2 g fat (trace saturated fat), 0 cholesterol, 1,478 mg sodium, 56 g carbohydrate, 16 g fiber, 15 g protein.

RASPBERRY-WALNUT BRIE

2 Tbsp. brie with 4 crackers equals 236 calories, 15 g fat (6 g saturated fat), 30 mg cholesterol, 367 mg sodium, 18 g carbohydrate, 1 g fiber, 9 g protein.

REUBEN QUICHE

1 piece equals 395 calories, 26 g fat (13 g saturated fat), 211 mg cholesterol, 673 mg sodium, 22 g carbohydrate, 3 g fiber, 19 g protein.

ROASTED ASPARAGUS WITH ORANGE JUICE

3/4 cup equals 63 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 154 mg sodium, 6 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1/2 fat.

ROCKY ROAD CAKE

1 slice equals 665 calories, 37 g fat (11 g saturated fat), 60 mg cholesterol, 611 mg sodium, 76 g carbohydrate, 3 g fiber, 10 g protein.

ROSEMARY ROASTED POTATOES

3/4 cup equals 157 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 206 mg sodium, 26 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 1-1/2 starch, 1 fat.

SANTA FE SKILLET

1-1/4 cup (calculated without sour cream) equals 287 calories, 10 g fat (3 g saturated fat), 49 mg cholesterol, 1,061 mg sodium, 29 g carbohydrate, 3 g fiber, 19 g protein.

SAUTEED ORANGE SHRIMP WITH RICE

1/2 cup shrimp mixture with 2/3 cup rice equals 365 calories, 12 g fat (3 g saturated fat), 194 mg cholesterol, 412 mg sodium, 29 g carbohydrate, 1 g fiber, 28 g protein.

SAUTEED SQUASH MEDLEY

2/3 cup equals 91 calories, 6 g fat (4 g saturated fat), 16 mg cholesterol, 285 mg sodium, 6 g carbohydrate, 2 g fiber, 4 g protein. Diabetic Exchanges: 1 vegetable, 1 fat.

SAVORY STUFFED PORK CHOPS

1 stuffed chop equals 320 calories, 21 g fat (13 g saturated fat), 74 mg cholesterol, 535 mg sodium, 18 g carbohydrate, 1 g fiber, 11 g protein.

SEAFOOD CREPES BEARNAISE

2 filled crepes equals 637 calories, 40 g fat (25 g saturated fat), 320 mg cholesterol, 1,059 mg sodium, 31 g carbohydrate, 1 g fiber, 36 g protein.

SEASONED CORN WITH BACON

2/3 cup equals 167 calories, 5 g fat (1 g saturated fat), 8 mg cholesterol, 181 mg sodium, 29 g carbohydrate, 3 g fiber, 7 g protein. Diabetic Exchanges: 2 starch, 1/2 fat.

SLOW-COOKED SPAGHETTI SAUCE

3/4 cup sauce (calculated without spaghetti) equals 186 calories, 8 g fat (3 g saturated fat), 56 mg cholesterol, 452 mg sodium, 9 g carbohydrate, 2 g fiber, 20 g protein. Diabetic Exchanges: 3 lean meat, 3 vegetable.

SOUTHWESTERN PORK & PASTA

1-1/2 cups equals 465 calories, 7 g fat (2 g saturated fat), 51 mg cholesterol, 1,098 mg sodium, 69 g carbohydrate, 9 g fiber, 31 g protein.

SOUTHWEST-STYLE COD

1 serving equals 226 calories, 6 g fat (1 g saturated fat), 65 mg cholesterol, 734 mg sodium, 12 g carbohydrate, 3 g fiber, 30 g protein. Diabetic Exchanges: 4 lean meat, 2 vegetable, 1 fat.

SPICY SAUSAGE LINGUINE

1 cup sausage mixture with 1 cup linguine equals 488 calories, 21 g fat (8 g saturated fat), 60 mg cholesterol, 694 mg sodium, 55 g carbohydrate, 4 g fiber, 22 g protein.

SPINACH & BACON HASH BROWN QUICHE

1 slice equals 282 calories, 20 g fat (11 g saturated fat), 166 mg cholesterol, 441 mg sodium, 10 g carbohydrate, 1 g fiber, 13 g protein.

SPINACH & SAUSAGE EGG BAKE

1 piece equals 239 calories, 18 g fat (8 g saturated fat), 213 mg cholesterol, 472 mg sodium, 4 g carbohydrate, 1 g fiber, 15 g protein.

SPRINGTIME SALMON SALAD

1 serving equals 393 calories, 24 g fat (3 g saturated fat), 20 mg cholesterol, 1,029 mg sodium, 24 g carbohydrate, 6 g fiber, 23 g protein.

SUMMER SQUASH SAUTE

3/4 cup equals 59 calories, 3 g fat (1 g saturated fat), 4 mg cholesterol, 161 mg sodium, 7 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1/2 fat.

SUPER SHORT RIBS

7 oz. cooked ribs with 1/3 cup gravy (calculated without noodles) equals 265 calories, 11 g fat (5 g saturated fat), 55 mg cholesterol, 819 mg sodium, 18 g carbohydrate, 2 g fiber, 20 g protein.

SWEET POTATO CHEESECAKE BARS

1 piece equals 259 calories, 13 g fat (7 g saturated fat), 45 mg cholesterol, 217 mg sodium, 34 g carbohydrate, 2 g fiber, 4 g protein.

SWEET POTATO WAFFLES WITH NUT TOPPING

2 waffles with about 2 Tbsp. topping (calculated without syrup) equals 457 calories, 28 g fat (5 g saturated fat), 44 mg cholesterol, 598 mg sodium, 46 g carbohydrate, 3 g fiber, 9 g protein.

THAI CHICKEN STIR-FRY

1 cup (calculated without rice) equals 363 calories, 14 g fat (3 g saturated fat), 63 mg cholesterol, 1,100 mg sodium, 28 g carbohydrate, 5 g fiber, 32 g protein.

THREE-CHEESE QUESADILLAS

1 quesadilla (calculated without sour cream) equals 560 calories, 30 g fat (16 g saturated fat), 74 mg cholesterol, 928 mg sodium, 55 g carbohydrate, trace fiber, 18 g protein.

TIE-DYED KITE COOKIES

1 cookie equals 151 calories, 3 g fat (1 g saturated fat), 3 mg cholesterol, 64 mg sodium, 30 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1-1/2 starch, 1/2 fat.

TUSCAN CHICKEN

1 chicken breast half equals 217 calories, 10 g fat (2 g saturated fat), 78 mg cholesterol, 364 mg sodium, 1 g carbohydrate, 1 g fiber, 29 g protein. Diabetic Exchanges: 4 lean meat, 1-1/2 fat.

VEGETABLE MEDLEY

3/4 cup equals 157 calories, 6 g fat (4 g saturated fat), 16 mg cholesterol, 359 mg sodium, 21 g carbohydrate, 3 g fiber, 4 g protein. Diabetic Exchanges: 1-1/2 fat, 1 starch, 1 vegetable.

VEGETARIAN TACOS

2 tacos equals 303 calories, 13 g fat (2 g saturated fat), 0 cholesterol, 1,252 mg sodium, 42 g carbohydrate, 8 g fiber, 7 g protein.

WHITE CHOCOLATE MOUSSE TARTS

1 tart (calculated without fruit) equals 437 calories, 28 g fat (15 g saturated fat), 69 mg cholesterol, 215 mg sodium, 42 g carbohydrate, 1 g fiber, 6 g protein.

ZESTY ROASTED VEGETABLES

3/4 cup equals 137 calories, 8 g fat (2 g saturated fat), 5 mg cholesterol, 482 mg sodium, 12 g carbohydrate, 3 g fiber, 5 g protein. Diabetic Exchanges: 2 vegetable, 1 fat.