

APPLE CRANBERRY RELISH

1/4 cup equals 86 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 22 g carbohydrate, 2 g fiber, trace protein.

APPLE-PECAN SALAD WITH HONEY VINAIGRETTE

3/4 cup equals 115 calories, 8 g fat (2 g saturated fat), 6 mg cholesterol, 170 mg sodium, 9 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

APPLESAUCE SPICE BREAD

1 slice equals 107 calories, 1 g fat (trace saturated fat), trace cholesterol, 117 mg sodium, 22 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchange:** 1-1/2 starch.

APRICOT PECAN BREAD

1 slice equals 189 calories, 9 g fat (4 g saturated fat), 36 mg cholesterol, 223 mg sodium, 23 g carbohydrate, 1 g fiber, 5 g protein.

ASIAN CHICKEN NOODLE SOUP

1 cup equals 227 calories, 4 g fat (1 g saturated fat), 44 mg cholesterol, 1,344 mg sodium, 27 g carbohydrate, 2 g fiber, 19 g protein.

BACON & OYSTER STUFFING

3/4 cup equals 273 calories, 17 g fat (8 g saturated fat), 87 mg cholesterol, 766 mg sodium, 16 g carbohydrate, 1 g fiber, 13 g protein.

BACON & ROSEMARY CHICKEN

1 chicken breast half equals 304 calories, 16 g fat (6 g saturated fat), 101 mg cholesterol, 719 mg sodium, 5 g carbohydrate, trace fiber, 33 g protein.

BACON-ALMOND BROCCOLI MEDLEY

3/4 cup equals 140 calories, 8 g fat (4 g saturated fat), 18 mg cholesterol, 197 mg sodium, 15 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchanges:** 1-1/2 fat, 1 vegetable, 1/2 starch.

BASIC PIE PASTRY

1/8 of a single crust equals 169 calories, 11 g fat (3 g saturated fat), 0 cholesterol, 112 mg sodium, 14 g carbohydrate, trace fiber, 2 g protein.

BEEF & BROCCOLI SKILLET

3/4 cup beef mixture (calculated without rice) equals 257 calories, 8 g fat (2 g saturated fat), 46 mg cholesterol, 1,199 mg sodium, 16 g carbohydrate, 2 g fiber, 29 g protein.

BROCCOLI CHICKEN STIR-FRY

1 cup chicken mixture with 1 cup squash equals 519 calories, 22 g fat (4 g saturated fat), 117 mg cholesterol, 1,305 mg sodium, 53 g carbohydrate, 7 g fiber, 30 g protein.

CARAMEL CORN TREATS

1 bar equals 161 calories, 5 g fat (3 g saturated fat), 6 mg cholesterol, 128 mg sodium, 28 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

CARAMEL SWEET POTATO PIE

1 piece (calculated without whipped cream and additional ice cream topping) equals 421 calories, 15 g fat (5 g saturated fat), 91 mg cholesterol, 356 mg sodium, 66 g carbohydrate, 2 g fiber, 7 g protein.

CARIBBEAN POTATO SOUP

1-1/2 cups equals 213 calories, 10 g fat (7 g saturated fat), 0 cholesterol, 954 mg sodium, 28 g carbohydrate, 6 g fiber, 5 g protein.

CAULDRON CHEESE BALL

2 tablespoons (calculated without garnishes and additional tortilla chips) equals 112 calories, 10 g fat (6 g saturated fat), 31 mg cholesterol, 220 mg sodium, 3 g carbohydrate, trace fiber, 3 g protein.

CHEDDAR TURKEY CASSEROLE

1-1/3 cups equals 513 calories, 23 g fat (12 g saturated fat), 87 mg cholesterol, 703 mg sodium, 46 g carbohydrate, 5 g fiber, 31 g protein.

CHEESE RYE APPETIZERS

1 appetizer equals 108 calories, 9 g fat (2 g saturated fat), 10 mg cholesterol, 160 mg sodium, 4 g carbohydrate, 1 g fiber, 3 g protein.

CHICKEN POTPIE WITH CHEDDAR BISCUIT TOPPING

1 serving equals 457 calories, 24 g fat (11 g saturated fat), 98 mg cholesterol, 1,181 mg sodium, 32 g carbohydrate, 2 g fiber, 27 g protein.

CHILI POTATO WEDGES

4 potato wedges equals 158 calories, 1 g fat (trace saturated fat), 0 cholesterol, 172 mg sodium, 34 g carbohydrate, 3 g fiber, 4 g protein. **Diabetic Exchange:** 2 starch.

COD & VEGETABLE SKILLET

1 fillet with 3/4 cup vegetable mixture equals 229 calories, 9 g fat (6 g saturated fat), 88 mg cholesterol, 621 mg sodium, 12 g carbohydrate, 3 g fiber, 24 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1-1/2 fat.

COMPANY'S COMING TURKEY

8 ounces cooked turkey equals 656 calories, 31 g fat (11 g saturated fat), 264 mg cholesterol, 619 mg sodium, 7 g carbohydrate, 1 g fiber, 73 g protein.

CRANBERRY CREAM CHEESE SPREAD

2 tablespoons (calculated without crackers) equals 76 calories, 4 g fat (3 g saturated fat), 13 mg cholesterol, 84 mg sodium, 9 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

CRANBERRY ICE CREAM PIE

1 piece equals 397 calories, 16 g fat (10 g saturated fat), 28 mg cholesterol, 332 mg sodium, 59 g carbohydrate, 1 g fiber, 4 g protein.

CRANBERRY-CHERRY NUT PIE

1 piece equals 498 calories, 22 g fat (8 g saturated fat), 18 mg cholesterol, 235 mg sodium, 73 g carbohydrate, 2 g fiber, 4 g protein.

CRANBERRY-MAPLE PORK CHOPS

1 pork chop with 1/3 cup sauce equals 415 calories, 12 g fat (5 g saturated fat), 78 mg cholesterol, 495 mg sodium, 49 g carbohydrate, 1 g fiber, 28 g protein.

CREAMY BUTTERNUT SOUP

1 cup equals 112 calories, trace fat (trace saturated fat), trace cholesterol, 231 mg sodium, 27 g carbohydrate, 4 g fiber, 3 g protein. **Diabetic Exchange:** 2 starch.

CREAMY CAULIFLOWER SOUP

1-1/3 cups equals 231 calories, 10 g fat (7 g saturated fat), 37 mg cholesterol, 1,168 mg sodium, 24 g carbohydrate, 4 g fiber, 11 g protein.

CREOLE BEEF CASSEROLE

1-1/4 cups equals 654 calories, 36 g fat (21 g saturated fat), 133 mg cholesterol, 1,763 mg sodium, 51 g carbohydrate, 2 g fiber, 28 g protein.

CURRY-CRANBERRY SPINACH SALAD

1 cup equals 214 calories, 15 g fat (2 g saturated fat), 0 cholesterol, 332 mg sodium, 19 g carbohydrate, 1 g fiber, 3 g protein.

FRUITED CURRY TURKEY SALAD

1 serving equals 472 calories, 29 g fat (5 g saturated fat), 96 mg cholesterol, 349 mg sodium, 16 g carbohydrate, 3 g fiber, 36 g protein.

FRUITED SAUSAGE STUFFING

3/4 cup equals 259 calories, 15 g fat (4 g saturated fat), 18 mg cholesterol, 538 mg sodium, 28 g carbohydrate, 3 g fiber, 6 g protein.

GERMAN-STYLE BEEF ROAST

4 ounces cooked beef with 1/3 cup gravy equals 376 calories, 17 g fat (7 g saturated fat), 118 mg cholesterol, 382 mg sodium, 16 g carbohydrate, trace fiber, 36 g protein.

GLAZED SALMON WITH BRUSSELS SPROUTS

1 fillet with 1 cup brussels sprouts equals 516 calories, 26 g fat (5 g saturated fat), 100 mg cholesterol, 453 mg sodium, 34 g carbohydrate, 7 g fiber, 40 g protein.

GREEN CHILI RICE

3/4 cup equals 196 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 364 mg sodium, 31 g carbohydrate, 3 g fiber, 5 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

HALLOWEEN CUTOUT COOKIES

Nutrition Facts do not apply.

HALLOWEEN PRETZEL TREATS

1 dipped pretzel equals 143 calories, 6 g fat (4 g saturated fat), 2 mg cholesterol, 174 mg sodium, 20 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

HAM AND SWISS BISCUITS

2 biscuits equals 300 calories, 13 g fat (5 g saturated fat), 63 mg cholesterol, 883 mg sodium, 34 g carbohydrate, 1 g fiber, 13 g protein.

HERB BUBBLE BREAD

1 piece equals 110 calories, 4 g fat (2 g saturated fat), 8 mg cholesterol, 212 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

INSIDE-OUT STUFFED CABBAGE

1-1/2 cups equals 379 calories, 15 g fat (5 g saturated fat), 70 mg cholesterol, 924 mg sodium, 39 g carbohydrate, 7 g fiber, 25 g protein.

IRISH CREAM COFFEE

1 cup (calculated without whipped cream) equals 152 calories, 4 g fat (trace saturated fat), 0 cholesterol, 5 mg sodium, 16 g carbohydrate, 0 fiber, trace protein.

ITALIAN BEEF AND SHELLS

1-3/4 cups equals 396 calories, 10 g fat (4 g saturated fat), 71 mg cholesterol, 644 mg sodium, 45 g carbohydrate, 5 g fiber, 29 g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat.

MAPLE PRETZEL CHICKEN

1 chicken breast half equals 472 calories, 19 g fat (2 g saturated fat), 118 mg cholesterol, 492 mg sodium, 42 g carbohydrate, 1 g fiber, 33 g protein.

MAYAN CHOCOLATE PECAN PIE

1 piece equals 590 calories, 30 g fat (8 g saturated fat), 87 mg cholesterol, 190 mg sodium, 81 g carbohydrate, 2 g fiber, 6 g protein.

MEDITERRANEAN TURKEY WRAPS

1 wrap equals 566 calories, 28 g fat (6 g saturated fat), 79 mg cholesterol, 886 mg sodium, 36 g carbohydrate, 8 g fiber, 34 g protein.

MIXED PAELLA

1-1/3 cups equals 392 calories, 10 g fat (1 g saturated fat), 169 mg cholesterol, 973 mg sodium, 36 g carbohydrate, 3 g fiber, 39 g protein.

ORANGE-MAPLE VEGETABLE RIBBONS

3/4 cup equals 169 calories, 9 g fat (2 g saturated fat), 8 mg cholesterol, 200 mg sodium, 23 g carbohydrate, 3 g fiber, 3 g protein.

PARSNIP & HAM AU GRATIN

1 serving equals 296 calories, 12 g fat (6 g saturated fat), 45 mg cholesterol, 1,082 mg sodium, 33 g carbohydrate, 5 g fiber, 15 g protein.

PARSNIP-CARROT MEDLEY

3/4 cup equals 152 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 302 mg sodium, 28 g carbohydrate, 6 g fiber, 2 g protein. **Diabetic Exchanges:** 1 starch, 1 vegetable, 1 fat.

PEANUT CHICKEN STIR-FRY

1-1/3 cups equals 361 calories, 13 g fat (2 g saturated fat), 42 mg cholesterol, 525 mg sodium, 40 g carbohydrate, 5 g fiber, 24 g protein.

PEAR SUNDAES

1 serving equals 391 calories, 14 g fat (6 g saturated fat), 39 mg cholesterol, 94 mg sodium, 65 g carbohydrate, 3 g fiber, 6 g protein.

PORK & VEGETABLE STIR-FRY

1 cup (calculated without rice) equals 306 calories, 13 g fat (3 g saturated fat), 63 mg cholesterol, 552 mg sodium, 20 g carbohydrate, 5 g fiber, 25 g protein.

PORK ROAST WITH PLUM SAUCE

5 ounces cooked pork with 1/3 cup sauce equals 324 calories, 11 g fat (3 g saturated fat), 90 mg cholesterol, 538 mg sodium, 14 g carbohydrate, 1 g fiber, 36 g protein. **Diabetic Exchanges:** 5 lean meat, 1 starch, 1/2 fat.

POTATO PIZZA CASSEROLE

1-1/2 cups equals 402 calories, 18 g fat (8 g saturated fat), 62 mg cholesterol, 1,155 mg sodium, 34 g carbohydrate, 4 g fiber, 24 g protein.

POTATO-CRUSTED SNAPPER

1 fillet equals 368 calories, 17 g fat (3 g saturated fat), 126 mg cholesterol, 424 mg sodium, 14 g carbohydrate, 1 g fiber, 37 g protein.

PRONTO CHICKEN FAJITAS

1 fajita (calculated without optional toppings) equals 297 calories, 8 g fat (1 g saturated fat), 45 mg cholesterol, 819 mg sodium, 33 g carbohydrate, 2 g fiber, 21 g protein.

PUMPKIN CHIP CREAM PIE

1 piece with whipped topping (calculated without almonds and chocolate curls) equals 315 calories, 15 g fat (9 g saturated fat), 2 mg cholesterol, 305 mg sodium, 43 g carbohydrate, 2 g fiber, 3 g protein.

ROAST BEEF WITH CHIVE ROASTED POTATOES

2/3 cup beef mixture with 2/3 cup potatoes equals 379 calories, 15 g fat (6 g saturated fat), 66 mg cholesterol, 591 mg sodium, 35 g carbohydrate, 5 g fiber, 24 g protein.

ROSEMARY MUSHROOM CHICKEN

1 leg quarter with 3/4 cup sauce (calculated without noodles) equals 294 calories, 14 g fat (3 g saturated fat), 94 mg cholesterol, 1,107 mg sodium, 9 g carbohydrate, 1 g fiber, 28 g protein.

ROTISSERIE CHICKEN PANINI

1 sandwich equals 653 calories, 42 g fat (16 g saturated fat), 80 mg cholesterol, 996 mg sodium, 40 g carbohydrate, 2 g fiber, 28 g protein.

SEAFOOD PASTA ALFREDO

1-1/2 cups equals 504 calories, 25 g fat (14 g saturated fat), 213 mg cholesterol, 672 mg sodium, 37 g carbohydrate, 3 g fiber, 32 g protein.

SEASONED TURKEY GRAVY

2 tablespoons equals 38 calories, 3 g fat (1 g saturated fat), 4 mg cholesterol, 127 mg sodium, 2 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1/2 fat.

SMOKY APRICOT TARTS

1 appetizer equals 77 calories, 2 g fat (1 g saturated fat), 3 mg cholesterol, 22 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchange:** 1 starch.

SMOTHERED HOME-STYLE CHICKEN

1 chicken thigh with 1/2 cup sauce (calculated without rice) equals 341 calories, 20 g fat (4 g saturated fat), 81 mg cholesterol, 905 mg sodium, 14 g carbohydrate, 2 g fiber, 24 g protein.

SOURDOUGH ALMOND STUFFING

3/4 cup equals 195 calories, 13 g fat (6 g saturated fat), 47 mg cholesterol, 535 mg sodium, 17 g carbohydrate, 2 g fiber, 5 g protein.

SOUTHERN CORN BREAD DRESSING

3/4 cup equals 264 calories, 6 g fat (1 g saturated fat), 182 mg cholesterol, 987 mg sodium, 39 g carbohydrate, 3 g fiber, 12 g protein.

SOUTHWEST BEEF & RICE SKILLET

1 cup equals 433 calories, 16 g fat (7 g saturated fat), 68 mg cholesterol, 1,154 mg sodium, 43 g carbohydrate, 6 g fiber, 27 g protein.

SOUTHWEST BEEF BURRITOS

1 burrito equals 540 calories, 21 g fat (8 g saturated fat), 66 mg cholesterol, 1,343 mg sodium, 53 g carbohydrate, 12 g fiber, 31 g protein.

SOUTHWEST TURKEY CASSEROLE

1 piece equals 500 calories, 28 g fat (13 g saturated fat), 106 mg cholesterol, 756 mg sodium, 28 g carbohydrate, 3 g fiber, 31 g protein.

SPICY FAJITA CHILI

1 cup (calculated without cheese) equals 273 calories, 13 g fat (5 g saturated fat), 57 mg cholesterol, 782 mg sodium, 20 g carbohydrate, 6 g fiber, 20 g protein.

SPICY SWEET POTATO CHIPS & CILANTRO DIP

3/4 cup chips with 3 tablespoons dip equals 488 calories, 25 g fat (6 g saturated fat), 25 mg cholesterol, 387 mg sodium, 60 g carbohydrate, 7 g fiber, 5 g protein.

SPIDERWEB BROWNIE TRIFLE

3/4 cup equals 464 calories, 26 g fat (11 g saturated fat), 37 mg cholesterol, 365 mg sodium, 54 g carbohydrate, 2 g fiber, 6 g protein.

SPINACH CHICKEN CASSEROLE

1 serving equals 492 calories, 20 g fat (9 g saturated fat), 78 mg cholesterol, 1,323 mg sodium, 38 g carbohydrate, 5 g fiber, 39 g protein.

SPINACH TORTELLINI SOUP

1-1/2 cups equals 271 calories, 8 g fat (3 g saturated fat), 60 mg cholesterol, 974 mg sodium, 29 g carbohydrate, 2 g fiber, 20 g protein.

SUNFLOWER CRANBERRY BREAD

1 slice equals 152 calories, 4 g fat (2 g saturated fat), 32 mg cholesterol, 108 mg sodium, 26 g carbohydrate, 1 g fiber, 5 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1/2 fat.

SWEET & SOUR SAUSAGE

1 cup (calculated without rice) equals 557 calories, 34 g fat (11 g saturated fat), 81 mg cholesterol, 1,216 mg sodium, 50 g carbohydrate, 2 g fiber, 15 g protein.

SWEET POTATO ENCHILADA STACK

1 piece equals 457 calories, 22 g fat (12 g saturated fat), 87 mg cholesterol, 804 mg sodium, 39 g carbohydrate, 6 g fiber, 29 g protein.

SWEET POTATO MUFFINS

1 muffin equals 225 calories, 10 g fat (1 g saturated fat), 10 mg cholesterol, 133 mg sodium, 34 g carbohydrate, 1 g fiber, 2 g protein.

SWEET POTATO PRALINE SWIRL

2/3 cup equals 340 calories, 19 g fat (7 g saturated fat), 105 mg cholesterol, 68 mg sodium, 40 g carbohydrate, 2 g fiber, 5 g protein.

TACO PORK CHOPS

1 pork chop with 1/2 cup sauce equals 327 calories, 13 g fat (4 g saturated fat), 82 mg cholesterol, 1,134 mg sodium, 16 g carbohydrate, 1 g fiber, 34 g protein.

THAI SHRIMP APPETIZERS

1/2 cup equals 170 calories, 7 g fat (1 g saturated fat), 172 mg cholesterol, 224 mg sodium, 2 g carbohydrate, trace fiber, 23 g protein.

THREE-CHEESE FRENCH ONION SOUP

1 serving equals 205 calories, 12 g fat (7 g saturated fat), 34 mg cholesterol, 1,120 mg sodium, 17 g carbohydrate, 2 g fiber, 8 g protein.

TOFFEE APPLE CHEESE PIE

1 piece equals 628 calories, 43 g fat (21 g saturated fat), 144 mg cholesterol, 414 mg sodium, 55 g carbohydrate, 2 g fiber, 9 g protein.

TOMATO SALAD-STUFFED AVOCADOS

1 stuffed avocado half equals 267 calories, 23 g fat (5 g saturated fat), 10 mg cholesterol, 265 mg sodium, 12 g carbohydrate, 7 g fiber, 6 g protein.

TRICK-OR-TREAT BISCUIT PIZZAS

1 pizza equals 496 calories, 27 g fat (8 g saturated fat), 68 mg cholesterol, 1,478 mg sodium, 49 g carbohydrate, 2 g fiber, 13 g protein.

WARM CRANBERRY SPREAD

2 tablespoons spread (calculated without crackers) equals 89 calories, 6 g fat (4 g saturated fat), 17 mg cholesterol, 101 mg sodium, 5 g carbohydrate, 1 g fiber, 3 g protein.

ZESTY SAUSAGE & BEANS

3/4 cup sausage mixture (calculated without rice) equals 439 calories, 26 g fat (9 g saturated fat), 64 mg cholesterol, 1,505 mg sodium, 29 g carbohydrate, 7 g fiber, 20 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.