

1-2-3 Grilled Salmon

1 salmon fillet with about 1 Tbsp. soy sauce mixture equals 322 calories, 24 g fat (4 g saturated fat), 71 mg cholesterol, 452 mg sodium, 2 g carbohydrate, trace fiber, 24 g protein. *Diabetic Exchanges:* 4 lean meat, 2 fat.

Andalusian Pork Tenderloin

4 oz. cooked pork with ½ cup salad equals 383 calories, 24 g fat (4 g saturated fat), 95 mg cholesterol, 937 mg sodium, 6 g carbohydrate, 1 g fiber, 34 g protein.

Apple-Green Bean Saute

1 serving equals 247 calories, 11 g fat (1 g saturated fat), 0 cholesterol, 7 mg sodium, 38 g carbohydrate, 4 g fiber, 4 g protein.

Artichoke Mushroom Lasagna

1 piece equals 383 calories, 18 g fat (11 g saturated fat), 54 mg cholesterol, 751 mg sodium, 29 g carbohydrate, 1 g fiber, 24 g protein.

Asparagus and Parmesan Cream Pastry

1 pastry equals 314 calories, 23 g fat (10 g saturated fat), 36 mg cholesterol, 301 mg sodium, 20 g carbohydrate, 3 g fiber, 8 g protein.

Basic Crepes

1 crepe equals 79 calories, 4 g fat (2 g saturated fat), 61 mg cholesterol, 65 mg sodium, 8 g carbohydrate, trace fiber, 3 g protein.

Berry Delightful Spinach Salad

1 cup equals 350 calories, 29 g fat (3 g saturated fat), 0 cholesterol, 167 mg sodium, 24 g carbohydrate, 3 g fiber, 3 g protein.

Bird Nests

1 bird nest equals 267 calories, 11 g fat (6 g saturated fat), 5 mg cholesterol, 207 mg sodium, 40 g carbohydrate, 1 g fiber, 3 g protein.

Birds Nest Topper

Nutrition Facts do not apply.

Blue Cheese Slaw

¾ cup equals 265 calories, 24 g fat (6 g saturated fat), 23 mg cholesterol, 660 mg sodium, 8 g carbohydrate, 2 g fiber, 5 g protein.

Bok Choy Toss

¾ cup equals 47 calories, 2 g fat (trace saturated fat), 0 cholesterol, 135 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g protein. *Diabetic Exchange:* 1 vegetable.

Broccoli with Shallots

1 serving equals 84 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 221 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g protein. *Diabetic Exchanges:* 1 vegetable, 1 fat.

Buttery Rhubarb Baklava

1 piece equals 229 calories, 14 g fat (5 g saturated fat), 16 mg cholesterol, 74 mg sodium, 27 g carbohydrate, 1 g fiber, 3 g protein.

Cherry-Glazed Lamb Chops

2 lamb chops with 2 Tbsp. sauce equals 331 calories, 9 g fat (3 g saturated fat), 90 mg cholesterol, 495 mg sodium, 32 g carbohydrate, trace fiber, 29 g protein. *Diabetic Exchanges:* 3 lean meat, 2 starch.

Chicken Chorizo Posole

1 cup posole with ½ cup salsa and ½ cup chips equals 430 calories, 23 g fat (7 g saturated fat), 65 mg cholesterol, 1,292 mg sodium, 32 g carbohydrate, 6 g fiber, 22 g protein.

Chocolate Mint Treasures

1 bar equals 110 calories, 6 g fat (3 g saturated fat), 20 mg cholesterol, 46 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein.

Classic Long Johns

1 long john equals 203 calories, 9 g fat (3 g saturated fat), 17 mg cholesterol, 119 mg sodium, 28 g carbohydrate, 1 g fiber, 2 g protein.

Coffee-Klatch Kolaches

1 kolache equals 187 calories, 5 g fat (2 g saturated fat), 23 mg cholesterol, 127 mg sodium, 31 g carbohydrate, 1 g fiber, 3 g protein.

Dee's Grilled Tuna with Greens

2 cups salad with 3 oz. cooked tuna equals 294 calories, 12 g fat (2 g saturated fat), 51 mg cholesterol, 306 mg sodium, 16 g carbohydrate, 3 g fiber, 32 g protein. *Diabetic Exchanges:* 4 lean meat, 2 fat, 1 vegetable, ½ starch.

Drizzled Nanaimo Bars

1 bar equals 180 calories, 12 g fat (7 g saturated fat), 25 mg cholesterol, 107 mg sodium, 18 g carbohydrate, 1 g fiber, 2 g protein.

Dulce de Leche Cheesecake

1 slice equals 468 calories, 28 g fat (16 g saturated fat), 104 mg cholesterol, 327 mg sodium, 50 g carbohydrate, 1 g fiber, 8 g protein.

Eastern Shore Crab Cakes

2 crab cakes equals 599 calories, 44 g fat (6 g saturated fat), 235 mg cholesterol, 952 mg sodium, 13 g carbohydrate, 1 g fiber, 35 g protein.

Easy Caesar Coleslaw

¾ cup equals 152 calories, 12 g fat (3 g saturated fat), 12 mg cholesterol, 371 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

Easy Elephant Ears

1 elephant ear equals 87 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 51 mg sodium, 12 g carbohydrate, 1 g fiber, 1 g protein.

Elegant Fruit Bliss

¾ cup equals 94 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 24 g carbohydrate, 2 g fiber, 1 g protein. *Diabetic Exchange:* 1½ fruit.

Energizing Granola

½ cup equals 260 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 110 mg sodium, 35 g carbohydrate, 4 g fiber, 7 g protein. *Diabetic Exchanges:* 2½ starch, 1½ fat.

Espresso Cream Cake

1 slice equals 378 calories, 24 g fat (14 g saturated fat), 76 mg cholesterol, 241 mg sodium, 31 g carbohydrate, 1 g fiber, 4 g protein.

Fiesta Chicken Bundles

1 serving equals 760 calories, 25 g fat (8 g saturated fat), 134 mg cholesterol, 1,356 mg sodium, 72 g carbohydrate, 16 g fiber, 59 g protein.

German Sour Cream Twists

1 twist equals 292 calories, 10 g fat (4 g saturated fat), 39 mg cholesterol, 125 mg sodium, 47 g carbohydrate, 1 g fiber, 3 g protein.

Greek Isle Pizza

1 slice equals 328 calories, 16 g fat (6 g saturated fat), 23 mg cholesterol, 725 mg sodium, 30 g carbohydrate, 3 g fiber, 15 g protein. *Diabetic Exchanges:* 2 starch, 1 high-fat meat, 1 fat.

Grilled Chipotle Shrimp

1 shrimp with 1 tsp. sauce equals 27 calories, 1 g fat (1 g saturated fat), 21 mg cholesterol, 47 mg sodium, 1 g carbohydrate, trace fiber, 3 g protein.

Grilled Prosciutto Asparagus

1 asparagus spear equals 30 calories, 2 g fat (1 g saturated fat), 12 mg cholesterol, 202 mg sodium, 1 g carbohydrate, trace fiber, 3 g protein.

Herb Garden Vegetables

about 1 cup equals 146 calories, 10 g fat (3 g saturated fat), 6 mg cholesterol, 129 mg sodium, 11 g carbohydrate, 5 g fiber, 6 g protein. *Diabetic Exchanges:* 2 vegetable, 2 fat.

Herb Mix for Dipping Oil

1 Tbsp. equals 122 calories, 14 g fat (2 g saturated fat), 0 cholesterol, 50 mg sodium, 1 g carbohydrate, trace fiber, trace protein.

Herbed Cornmeal Crab Cakes

2 crab cakes equals 446 calories, 26 g fat (3 g saturated fat), 185 mg cholesterol, 975 mg sodium, 27 g carbohydrate, 2 g fiber, 25 g protein.

Hubby's Favorite Crepes

3 crepes with 3 Tbsp. sauce (calculated without additional sour cream) equals 460 calories, 23 g fat (13 g saturated fat), 114 mg cholesterol, 752 mg sodium, 37 g carbohydrate, 1 g fiber, 25 g protein.

Incredible Coconut Cake

1 slice equals 689 calories, 37 g fat (21 g saturated fat), 123 mg cholesterol, 353 mg sodium, 85 g carbohydrate, 1 g fiber, 6 g protein.

Instant Chocolate Pastries

1 pastry equals 304 calories, 17 g fat (4 g saturated fat), 35 mg cholesterol, 154 mg sodium, 34 g carbohydrate, 4 g fiber, 5 g protein.

Irish Oatmeal Brulee

1 serving equals 437 calories, 8 g fat (3 g saturated fat), 18 mg cholesterol, 154 mg sodium, 83 g carbohydrate, 5 g fiber, 14 g protein.

Italian Brunch Torte

1 slice equals 403 calories, 24 g fat (10 g saturated fat), 167 mg cholesterol, 1,360 mg sodium, 19 g carbohydrate, trace fiber, 23 g protein.

Lance's Own French Toast

2 slices (calculated without sugar) equals 218 calories, 6 g fat (2 g saturated fat), 144 mg cholesterol, 331 mg sodium, 28 g carbohydrate, 4 g fiber, 13 g protein. *Diabetic Exchanges:* 2 starch, 1 medium-fat meat.

Lemon & Garlic New Potatoes

¾ cup equals 167 calories, 8 g fat (2 g saturated fat), 4 mg cholesterol, 240 mg sodium, 19 g carbohydrate, 2 g fiber, 4 g protein. *Diabetic Exchanges:* 1½ fat, 1 starch.

Lemon Dream Cheesecake

1 slice equals 396 calories, 29 g fat (18 g saturated fat), 150 mg cholesterol, 286 mg sodium, 27 g carbohydrate, trace fiber, 7 g protein.

Lemon-Sage Chicken

1 chicken breast half with 3 Tbsp. sauce equals 593 calories, 38 g fat (17 g saturated fat), 319 mg cholesterol, 452 mg sodium, 16 g carbohydrate, 1 g fiber, 44 g protein.

Luscious Lime Slush

¾ cup equals 177 calories, 0 fat (0 saturated fat), 0 cholesterol, 7 mg sodium, 36 g carbohydrate, 0 fiber, 0 protein.

Mango Getaway Bars

1 bar equals 139 calories, 8 g fat (4 g saturated fat), 37 mg cholesterol, 91 mg sodium, 16 g carbohydrate, 1 g fiber, 2 g protein.

Marinated Cheese-Topped Salad

1 cup equals 342 calories, 34 g fat (11 g saturated fat), 42 mg cholesterol, 461 mg sodium, 8 g carbohydrate, 1 g fiber, 4 g protein.

Marmalade Candied Carrots

¾ cup equals 211 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 115 mg sodium, 35 g carbohydrate, 4 g fiber, 2 g protein.

Martha's Fish Tacos

2 tacos equals 446 calories, 12 g fat (2 g saturated fat), 23 mg cholesterol, 650 mg sodium, 68 g carbohydrate, 5 g fiber, 19 g protein.

Meaty Sun-Dried Tomato Sauce

¾ cup equals 180 calories, 10 g fat (3 g saturated fat), 27 mg cholesterol, 708 mg sodium, 13 g carbohydrate, 3 g fiber, 9 g protein. *Diabetic Exchanges:* 2 vegetable, 1 high-fat meat, ½ fat.

Mediterranean Chips & Dip

3 Tbsp. dip with 4 chips equals 238 calories, 13 g fat (2 g saturated fat), 0 cholesterol, 341 mg sodium, 25 g carbohydrate, 3 g fiber, 5 g protein.

Mediterranean Couscous

¾ cup equals 223 calories, 9 g fat (2 g saturated fat), 2 mg cholesterol, 676 mg sodium, 30 g carbohydrate, 2 g fiber, 7 g protein.

Mexican Skillet Rice

1½ cups equals 302 calories, 4 g fat (1 g saturated fat), 80 mg cholesterol, 793 mg sodium, 40 g carbohydrate, 5 g fiber, 25 g protein. *Diabetic Exchanges:* 3 lean meat, 2 starch, ½ fat.

Pine Nut Caramel Shortbread

1 bar (calculated without coarse salt) equals 167 calories, 10 g fat (5 g saturated fat), 20 mg cholesterol, 103 mg sodium, 17 g carbohydrate, trace fiber, 2 g protein.

Presto Pasta

¾ cup equals 170 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 391 mg sodium, 22 g carbohydrate, 2 g fiber, 4 g protein. *Diabetic Exchanges:* 1½ starch, 1 fat.

Relish the Radish Salad

½ cup equals 88 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 307 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein.

Rhubarb Cheesecake Squares

1 square equals 214 calories, 11 g fat (7 g saturated fat), 44 mg cholesterol, 164 mg sodium, 26 g carbohydrate, 1 g fiber, 3 g protein.

Roasted Red Potato Salad

¾ cup equals 236 calories, 12 g fat (4 g saturated fat), 14 mg cholesterol, 457 mg sodium, 27 g carbohydrate, 4 g fiber, 4 g protein.

Rosemary-Mustard Sausage Patties

1 sausage patty equals 134 calories, 12 g fat (4 g saturated fat), 21 mg cholesterol, 259 mg sodium, 3 g carbohydrate, trace fiber, 4 g protein.

Saucy Portobello Pitas

2 filled pita halves with ½ cup sauce equals 303 calories, 9 g fat (1 g saturated fat), 3 mg cholesterol, 411 mg sodium, 45 g carbohydrate, 4 g fiber, 11 g protein. *Diabetic Exchanges:* 3 starch, 1 fat.

Sesame Wonton Chips

4 wonton chips (calculated without sesame seeds) equals 70 calories, 3 g fat (trace saturated fat), 1 mg cholesterol, 268 mg sodium, 10 g carbohydrate, trace fiber, 2 g protein.

Sizzling Ancho Ribeyes

1 steak with about 1 Tbsp. butter equals 867 calories, 66 g fat (29 g saturated fat), 232 mg cholesterol, 1,926 mg sodium, 2 g carbohydrate, 1 g fiber, 61 g protein.

Slow-Cooked Carnitas

1 carnita (calculated without optional toppings) equals 363 calories, 15 g fat (5 g saturated fat), 67 mg cholesterol, 615 mg sodium, 28 g carbohydrate, 1 g fiber, 24 g protein.

Southwest Chicken Stromboli

1 slice (calculated without sour cream) equals 367 calories, 10 g fat (3 g saturated fat), 40 mg cholesterol, 696 mg sodium, 48 g carbohydrate, 3 g fiber, 21 g protein. *Diabetic Exchanges:* 3 starch, 2 lean meat, 1 fat.

Spicy Beef Brisket

5 oz. cooked beef equals 231 calories, 7 g fat (2 g saturated fat), 48 mg cholesterol, 499 mg sodium, 16 g carbohydrate, 1 g fiber, 24 g protein. *Diabetic Exchanges:* 3 lean meat, 1 starch.

Stovetop Orzo Medley

¾ cup equals 203 calories, 7 g fat (2 g saturated fat), 8 mg cholesterol, 322 mg sodium, 28 g carbohydrate, 3 g fiber, 7 g protein. *Diabetic Exchanges:* 2 starch, 1 fat.

Sunny Asparagus Tapenade

¼ cup (calculated without dippers or additional sunflower kernels) equals 64 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 154 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein. *Diabetic Exchange:* 1 fat.

Supreme Stuffed Crown Roast

1 rib with ½ cup stuffing equals 419 calories, 19 g fat (8 g saturated fat), 105 mg cholesterol, 293 mg sodium, 20 g carbohydrate, 1 g fiber, 40 g protein.

Sweet Potato Crab Cakes

2 crab cakes equals 290 calories, 16 g fat (2 g saturated fat), 138 mg cholesterol, 779 mg sodium, 15 g carbohydrate, 2 g fiber, 19 g protein.

Sweet-Tart Rhubarb Crepes

2 filled crepes (calculated without confectioners' sugar) equals 200 calories, 4 g fat (2 g saturated fat), 15 mg cholesterol, 175 mg sodium, 40 g carbohydrate, 1 g fiber, 3 g protein.

Tangy Asparagus Soup

¾ cup soup with 1¼ tsp. topping and a Parmesan crisp equals 191 calories, 13 g fat (8 g saturated fat), 34 mg cholesterol, 606 mg sodium, 8 g carbohydrate, 2 g fiber, 7 g protein.

Terrific Turkey Enchiladas

2 enchiladas equals 968 calories, 55 g fat (23 g saturated fat), 155 mg cholesterol, 1,766 mg sodium, 81 g carbohydrate, 5 g fiber, 41 g protein.

Three-Pepper Bean Dip

¼ cup (calculated without chips or vegetables) equals 84 calories, 4 g fat (3 g saturated fat), 16 mg cholesterol, 211 mg sodium, 7 g carbohydrate, 2 g fiber, 4 g protein. *Diabetic Exchanges:* 1 fat, ½ starch.

Toasty Deli Hoagie

1 slice equals 601 calories, 29 g fat (9 g saturated fat), 67 mg cholesterol, 1,549 mg sodium, 53 g carbohydrate, 6 g fiber, 37 g protein.

Topsy-Turvy Sangria

¾ cup equals 292 calories, trace fat (trace saturated fat), 0 cholesterol, 11 mg sodium, 42 g carbohydrate, trace fiber, trace protein.

Tropical Suncakes

2 pancakes with 2 Tbsp. sauce equals 171 calories, 7 g fat (4 g saturated fat), 124 mg cholesterol, 191 mg sodium, 19 g carbohydrate, 1 g fiber, 9 g protein. *Diabetic Exchanges:* 1 starch, 1 fat, 1 lean meat.

Viva Panzanella

2½ cups equals 424 calories, 15 g fat (2 g saturated fat), 0 cholesterol, 1,047 mg sodium, 59 g carbohydrate, 7 g fiber, 13 g protein.

HOW WE CALCULATE NUTRITION FACTS

- When a choice of ingredients is given in a recipe (such as ½ 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 as signed to recipes in accordance with guidelines from the American Diabetic and the American Dietetic Associations.