

Bacon-Swiss Penne

1 cup equals 614 calories, 32 g fat (18 g saturated fat), 124 mg cholesterol, 651 mg sodium, 43 g carbohydrate, 3 g fiber, 39 g protein.

Baja Chicken & Slaw Sliders

1 slider equals 195 calories, 4 g fat (1 g saturated fat), 34 mg cholesterol, 384 mg sodium, 22 g carbohydrate, 2 g fiber, 17 g protein.

Bananas Foster Crunch Mix

$\frac{3}{4}$ cup equals 336 calories, 23 g fat (8 g saturated fat), 12 mg cholesterol, 174 mg sodium, 32 g carbohydrate, 3 g fiber, 3 g protein.

Bistro Beef Sandwich

1 sandwich equals 362 calories, 16 g fat (6 g saturated fat), 53 mg cholesterol, 957 mg sodium, 37 g carbohydrate, 5 g fiber, 20 g protein.

Blueberry Thirst Quencher

1 cup equals 179 calories, trace fat (trace saturated fat), 0 cholesterol, 33 mg sodium, 30 g carbohydrate, trace fiber, trace protein.

Burrito Lasagna

1 piece (calculated without toppings) equals 515 calories, 25 g fat (12 g saturated fat), 83 mg cholesterol, 1,325 mg sodium, 44 g carbohydrate, 3 g fiber, 29 g protein.

Buttermilk Salad Dressing

2 Tbsp. (calculated without greens and vegetables) equals 23 calories, 1 g fat (0.55 g saturated fat), 3 mg cholesterol, 177 mg sodium, 2 g carbohydrate, 0 fiber, 3 g protein. Diabetic Exchanges: $\frac{1}{2}$ fat-free milk.

Buttery-Onion Corn on the Cob

1 ear of corn equals 297 calories, 24 g fat (15 g saturated fat), 60 mg cholesterol, 792 mg sodium, 21 g carbohydrate, 3 g fiber, 4 g protein.

Candy Bar Apple Salad

$\frac{3}{4}$ cup equals 218 calories, 9 g fat (6 g saturated fat), 6 mg cholesterol, 174 mg sodium, 31 g carbohydrate, 2 g fiber, 3 g protein.

Caramelized Fennel Tarts

1 piece equals 116 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 102 mg sodium, 13 g carbohydrate, 2 g fiber, 2 g protein.

Chicken with Shallot Sauce

7 oz. cooked chicken with $\frac{1}{3}$ cup sauce equals 583 calories, 32 g fat (10 g saturated fat), 148 mg cholesterol, 658 mg sodium, 25 g carbohydrate, 1 g fiber, 48 g protein.

Chocolate Banana Bundles

1 serving equals 596 calories, 31 g fat (12 g saturated fat), 15 mg cholesterol, 249 mg sodium, 78 g carbohydrate, 8 g fiber, 7 g protein.

Chutney Chicken Croissants

1 sandwich equals 486 calories, 19 g fat (10 g saturated fat), 107 mg cholesterol, 818 mg sodium, 49 g carbohydrate, 2 g fiber, 27 g protein.

Cookout Brownies

Nutrition Facts do not apply.

Corn Muffin Ham & Cheese

1 sandwich equals 413 calories, 23 g fat (9 g saturated fat), 99 mg cholesterol, 1,048 mg sodium, 31 g carbohydrate, 1 g fiber, 20 g protein.

Crispy Buffalo Chicken Roll-ups

1 serving equals 270 calories, 8 g fat (3 g saturated fat), 101 mg cholesterol, 764 mg sodium, 10 g carbohydrate, trace fiber, 37 g protein.

Crunchy Asian Coleslaw

1 cup equals 65 calories, 2 g fat (trace saturated fat), 0 cholesterol, 120 mg sodium, 11 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchange: 1 starch.

Curried Coconut Chicken

1 chicken breast half with $\frac{1}{4}$ cup preserves equals 571 calories, 21 g fat (14 g saturated fat), 117 mg cholesterol, 383 mg sodium, 63 g carbohydrate, 2 g fiber, 36 g protein.

Early-Bird Asparagus Supreme

1 cup equals 145 calories, 10 g fat (6 g saturated fat), 30 mg cholesterol, 581 mg sodium, 8 g carbohydrate, 2 g fiber, 7 g protein.

Easy Breezy Turkey Loaf

1 slice equals 354 calories, 20 g fat (6 g saturated fat), 114 mg cholesterol, 973 mg sodium, 22 g carbohydrate, 2 g fiber, 23 g protein.

Family-Favorite Pasta Sauce

$\frac{3}{4}$ cup (calculated without pasta) equals 169 calories, 9 g fat (3 g saturated fat), 23 mg cholesterol, 884 mg sodium, 13 g carbohydrate, 3 g fiber, 8 g protein.

Fired-Up Polenta Shrimp Rounds

1 appetizer equals 153 calories, 10 g fat (1 g saturated fat), 49 mg cholesterol, 556 mg sodium, 7 g carbohydrate, trace fiber, 7 g protein.

Four-Cheese Baked Ziti

$1\frac{1}{2}$ cups equals 667 calories, 39 g fat (20 g saturated fat), 145 mg cholesterol, 1,037 mg sodium, 50 g carbohydrate, 2 g fiber, 29 g protein.

Fresh and Spicy Cioppino

$1\frac{1}{2}$ cups equals 259 calories, 11 g fat (2 g saturated fat), 108 mg cholesterol, 1,057 mg sodium, 15 g carbohydrate, 3 g fiber, 29 g protein.

Garden Vegetable Pasta Salad

$\frac{3}{4}$ cup equals 185 calories, 11 g fat (2 g saturated fat), 4 mg cholesterol, 262 mg sodium, 19 g carbohydrate, 3 g fiber, 5 g protein. Diabetic Exchanges: $1\frac{1}{2}$ fat, 1 starch, 1 vegetable.

Glazed Baby Carrots

$\frac{3}{4}$ cup equals 144 calories, trace fat (trace saturated fat), 0 cholesterol, 112 mg sodium, 38 g carbohydrate, 2 g fiber, 1 g protein.

Grilled Cheese & Tomato Flatbreads

1 piece equals 99 calories, 6 g fat (3 g saturated fat), 12 mg cholesterol, 196 mg sodium, 9 g carbohydrate, trace fiber, 3 g protein.

Grilled Veggie Tortillas

1 tortilla equals 390 calories, 23 g fat (6 g saturated fat), 24 mg cholesterol, 785 mg sodium, 31 g carbohydrate, 4 g fiber, 14 g protein. Diabetic Exchanges: 3 fat, $1\frac{1}{2}$ starch, 1 medium-fat meat, 1 vegetable.

Hummus Veggie Wrap Up

1 wrap equals 235 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 415 mg sodium, 32 g carbohydrate, 5 g fiber, 7 g protein. Diabetic Exchanges: 2 starch, 1 fat.

Let's Get Together Thai Shrimp

1 cup equals 362 calories, 19 g fat (5 g saturated fat), 207 mg cholesterol, 715 mg sodium, 16 g carbohydrate, 2 g fiber, 32 g protein.

Loaded Flank Steak

1 serving equals 267 calories, 20 g fat (10 g saturated fat), 76 mg cholesterol, 714 mg sodium, 4 g carbohydrate, trace fiber, 18 g protein.

Marvelous Cannoli Cake

1 slice equals 591 calories, 37 g fat (15 g saturated fat), 116 mg cholesterol, 367 mg sodium, 54 g carbohydrate, 1 g fiber, 12 g protein.

Merlot Filet Mignon

1 steak with 2 Tbsp. sauce equals 690 calories, 43 g fat (20 g saturated fat), 165 mg cholesterol, 279 mg sodium, 4 g carbohydrate, 0 fiber, 49 g protein.

Migas, My Way

1 serving (calculated without tortillas, cilantro, sour cream and additional salsa) equals 385 calories, 27 g fat (12 g saturated fat), 459 mg cholesterol, 411 mg sodium, 15 g carbohydrate, 1 g fiber, 20 g protein.

Mini Pear Crisps

1 crisp (calculated without whipped cream) equals 437 calories, 18 g fat (8 g saturated fat), 30 mg cholesterol, 95 mg sodium, 72 g carbohydrate, 7 g fiber, 4 g protein.

Nacho Cheese Beef Bake

$1\frac{1}{2}$ cups equals 827 calories, 55 g fat (24 g saturated fat), 158 mg cholesterol, 2,131 mg sodium, 41 g carbohydrate, 4 g fiber, 42 g protein.

Orange-Pecan Salmon

1 fillet with 3 Tbsp. sauce equals 582 calories, 32 g fat (5 g saturated fat), 85 mg cholesterol, 1,137 mg sodium, 44 g carbohydrate, 3 g fiber, 33 g protein.

Over-the-Top Cherry Jam

2 Tbsp. equals 89 calories, trace fat (trace saturated fat), trace cholesterol, 1 mg sodium, 23 g carbohydrate, trace fiber, trace protein.

Peachy Keen Daiquiris

1 cup (calculated without rum)
equals 247 calories, trace fat
(trace saturated fat), 0 cholesterol,
2 mg sodium, 62 g carbohydrate,
1 g fiber, 1 g protein.

Pecan Stuffed Butternut Squash

1/4 stuffed squash equals 299
calories, 16 g fat (7 g saturated fat),
31 mg cholesterol, 317 mg sodium,
40 g carbohydrate, 10 g fiber,
5 g protein.

Pepperoni Pizza Casserole

1 1/2 cups equals 492 calories,
24 g fat (11 g saturated fat),
128 mg cholesterol, 966 mg
sodium, 37 g carbohydrate,
3 g fiber, 32 g protein.

Rice-Stuffed Pork Chops

1 serving equals 481 calories,
18 g fat (8 g saturated fat),
109 mg cholesterol, 1,121 mg
sodium, 39 g carbohydrate,
1 g fiber, 38 g protein.

Roasted Butternut Linguine

1 1/2 cups equals 384 calories,
12 g fat (2 g saturated fat),
0 cholesterol, 344 mg sodium,
64 g carbohydrate, 6 g fiber,
10 g protein.

Roasted Pepper Salad with Balsamic Vinaigrette

1 serving equals 346 calories,
27 g fat (9 g saturated fat),
36 mg cholesterol, 196 mg sodium,
18 g carbohydrate, 4 g fiber,
11 g protein.

Roasted Tomato Salsa

1/4 cup (calculated without chips)
equals 27 calories, 1 g fat (trace
saturated fat), 0 cholesterol,
155 mg sodium, 4 g carbohydrate,
1 g fiber, 1 g protein. **Diabetic
Exchanges:** 1 vegetable.

Rosemary Cheddar Muffins

1 muffin equals 121 calories,
5 g fat (2 g saturated fat), 8 mg
cholesterol, 300 mg sodium,
16 g carbohydrate, trace fiber,
4 g protein.

Sassy Tailgate Sandwiches

1 sandwich equals 408 calories,
26 g fat (15 g saturated fat),
88 mg cholesterol, 894 mg
sodium, 21 g carbohydrate,
1 g fiber, 21 g protein.

Smoky Garlic and Spice Chicken

7 oz. cooked chicken equals 396
calories, 23 g fat (6 g saturated
fat), 131 mg cholesterol, 359 mg
sodium, 2 g carbohydrate, 1 g fiber,
42 g protein.

So Easy Gazpacho

1 cup equals 146 calories, 11 g fat
(2 g saturated fat), 0 cholesterol,
387 mg sodium, 11 g carbohydrate,
2 g fiber, 2 g protein.

Southwest Frito Pie

1 serving (calculated without
beans and sour cream) equals
615 calories, 38 g fat (16 g
saturated fat), 143 mg cholesterol,
915 mg sodium, 25 g carbohydrate,
3 g fiber, 43 g protein.

Spanish Beef Hash

1 cup (calculated without rice)
equals 253 calories, 12 g fat
(3 g saturated fat), 47 mg
cholesterol, 840 mg sodium,
20 g carbohydrate, 3 g fiber,
16 g protein.

Spiral Stromboli

1 slice equals 341 calories, 18 g
fat (10 g saturated fat), 59 mg
cholesterol, 1,169 mg sodium,
25 g carbohydrate, 1 g fiber, 20 g
protein.

Steak Teriyaki Quesadillas

1 wedge equals 113 calories,
4 g fat (2 g saturated fat), 15 mg
cholesterol, 245 mg sodium,
11 g carbohydrate, trace fiber,
9 g protein.

Summertime Tea

3/4 cup (calculated without tequila)
equals 102 calories,
trace fat (trace saturated fat),
0 cholesterol, 1 mg sodium,
26 g carbohydrate, trace fiber,
trace protein.

Sweet & Spicy Pineapple Salsa

1/4 cup equals 83 calories, 4 g fat
(trace saturated fat), 0 cholesterol,
40 mg sodium, 14 g carbohydrate,
1 g fiber, 1 g protein. **Diabetic
Exchanges:** 1 starch, 1/2 fat.

Sweet & Tangy Pulled Pork

1/2 cup (calculated without buns)
equals 296 calories, 11 g fat
(4 g saturated fat), 67 mg
cholesterol, 248 mg sodium,
29 g carbohydrate, trace fiber,
20 g protein. **Diabetic Exchanges:**
3 lean meat, 2 starch.

Sweet Chipotle Pretzels

3/4 cup equals 209 calories,
trace fat (trace saturated fat),
0 cholesterol, 524 mg sodium,
50 g carbohydrate, 2 g fiber,
4 g protein.

Terrific Turkey Club

1 sandwich equals 366 calories,
18 g fat (10 g saturated fat),
80 mg cholesterol, 1,279 mg
sodium, 24 g carbohydrate,
2 g fiber, 27 g protein.

Thin Crust Pizza Dough

1 oz. uncooked dough equals 59
calories, trace fat (trace saturated
fat), 0 cholesterol, 89 mg sodium,
13 g carbohydrate, 1 g fiber,
3 g protein.

Three-Cheese Garlic Bread

1 slice equals 192 calories, 9 g
fat (4 g saturated fat), 17 mg
cholesterol, 442 mg sodium, 20 g
carbohydrate, 2 g fiber, 8 g protein.

Tom & Ava Sandwiches

1 sandwich equals 329 calories,
19 g fat (8 g saturated fat),
32 mg cholesterol, 357 mg sodium,
31 g carbohydrate, 8 g fiber,
11 g protein.

White Chocolate Brie Cups

1 appetizer equals 142 calories,
6 g fat (1 g saturated fat), 4 mg
cholesterol, 73 mg sodium,
17 g carbohydrate, trace fiber,
3 g protein.

Zucchini Salsa Verde

1/4 cup equals 44 calories, 3 g fat
(trace saturated fat), 0 cholesterol,
56 mg sodium, 5 g carbohydrate,
1 g fiber, 1 g protein. **Diabetic
Exchanges:** 1 vegetable, 1/2 fat.

HOW WE CALCULATE NUTRITION FACTS

- When a choice of ingredients is given in a recipe (such as 1/2 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.