

After-Dinner Mocha White Chocolate

1 cup (calculated without whipped cream) equals 342 calories, 19 g fat (11 g saturated fat), 23 mg cholesterol, 137 mg sodium, 34 g carbohydrate, 0 fiber, 9 g protein.

Almond Torte

1 slice equals 215 calories, 8 g fat (4 g saturated fat), 79 mg cholesterol, 99 mg sodium, 32 g carbohydrate, 1 g fiber, 4 g protein. Diabetic Exchanges: 2 starch, 1 fat.

Amaretto Cream Truffles

1 truffle equals 60 calories, 4 g fat (2 g saturated fat), 4 mg cholesterol, 1 mg sodium, 7 g carbohydrate, trace fiber, 1 g protein.

Asian Cheese Spread

1 serving (calculated without crackers) equals 128 calories, 11 g fat (6 g saturated fat), 31 mg cholesterol, 388 mg sodium, 5 g carbohydrate, trace fiber, 3 g protein.

Baked Potato Cheddar Soup

1¼ cups (calculated without bacon) equals 392 calories, 15 g fat (10 g saturated fat), 52 mg cholesterol, 469 mg sodium, 49 g carbohydrate, 3 g fiber, 14 g protein.

British Tenderloin & Pumpernickel Crostini

1 appetizer equals 95 calories, 4 g fat (2 g saturated fat), 18 mg cholesterol, 168 mg sodium, 7 g carbohydrate, 1 g fiber, 7 g protein.

Brussels Sprouts & Cauliflower Gratin

¾ cup equals 196 calories, 10 g fat (5 g saturated fat), 26 mg cholesterol, 547 mg sodium, 19 g carbohydrate, 4 g fiber, 9 g protein.

Butterscotch Martinis

1 serving equals 322 calories, 1 g fat (trace saturated fat), 0 cholesterol, 4 mg sodium, 29 g carbohydrate, trace fiber, trace protein.

Butterscotch Pears

1 stuffed pear half equals 209 calories, 10 g fat (3 g saturated fat), 11 mg cholesterol, 109 mg sodium, 33 g carbohydrate, 4 g fiber, 1 g protein.

Cauliflower Popcorn

¾ cup equals 88 calories, 4 g fat (1 g saturated fat), 1 mg cholesterol, 309 mg sodium, 11 g carbohydrate, 5 g fiber, 5 g protein. Diabetic Exchanges: 2 vegetable, ½ fat.

Chai Tea Mix

1 cup chai tea equals 257 calories, 7 g fat (5 g saturated fat), 19 mg cholesterol, 136 mg sodium, 39 g carbohydrate, trace fiber, 9 g protein.

Cheddar Gougeres

1 gougere equals 49 calories, 3 g fat (2 g saturated fat), 32 mg cholesterol, 176 mg sodium, 3 g carbohydrate, trace fiber, 2 g protein.

Cheese & Crab Brunch Bake

1 serving equals 428 calories, 28 g fat (13 g saturated fat), 286 mg cholesterol, 844 mg sodium, 18 g carbohydrate, 1 g fiber, 26 g protein.

Cheese & Red Pepper Latkes

3 potato pancakes equals 451 calories, 30 g fat (12 g saturated fat), 53 mg cholesterol, 699 mg sodium, 32 g carbohydrate, 3 g fiber, 13 g protein.

Chicken and Sweet Potato Chili

1½ cups equals 414 calories, 12 g fat (3 g saturated fat), 55 mg cholesterol, 1,097 mg sodium, 46 g carbohydrate, 10 g fiber, 29 g protein.

Chicken Caesar Florentine

1 stuffed chicken breast half equals 553 calories, 32 g fat (9 g saturated fat), 138 mg cholesterol, 1,109 mg sodium, 13 g carbohydrate, 1 g fiber, 48 g protein.

Chipotle Avocado Dip

2 Tbsp. (calculated without vegetables) equals 72 calories, 7 g fat (1 g saturated fat), 4 mg cholesterol, 153 mg sodium, 3 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchange: 1½ fat.

Chive & Onion Hash Brown Potatoes

¾ cup equals 285 calories, 17 g fat (11 g saturated fat), 57 mg cholesterol, 423 mg sodium, 23 g carbohydrate, 1 g fiber, 9 g protein.

Chocolate Peanut Butter Sandwich Cookies

1 sandwich cookie equals 261 calories, 13 g fat (5 g saturated fat), 33 mg cholesterol, 242 mg sodium, 34 g carbohydrate, 1 g fiber, 5 g protein.

Chocolate-Dipped Anise Biscotti

1 biscotti equals 145 calories, 7 g fat (4 g saturated fat), 18 mg cholesterol, 72 mg sodium, 19 g carbohydrate, 1 g fiber, 2 g protein.

Chocolate-Pumpkin Cheesecake Bars

1 bar equals 197 calories, 8 g fat (5 g saturated fat), 40 mg cholesterol, 157 mg sodium, 29 g carbohydrate, 2 g fiber, 4 g protein. Diabetic Exchanges: 2 starch, 1 fat.

Christmas Cranberries

2 Tbsp. equals 54 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 13 g carbohydrate, 1 g fiber, trace protein.

Chunky Garlic Mashed Potatoes

¾ cup equals 223 calories, 12 g fat (7 g saturated fat), 33 mg cholesterol, 301 mg sodium, 26 g carbohydrate, 2 g fiber, 4 g protein.

Cinnamon-Chip Scones

1 scone equals 338 calories, 20 g fat (12 g saturated fat), 67 mg cholesterol, 199 mg sodium, 35 g carbohydrate, 1 g fiber, 5 g protein.

Citrus Champagne Sparkler

1 serving equals 162 calories, trace fat (0 saturated fat), 0 cholesterol, trace sodium, 13 g carbohydrate, trace fiber, trace protein.

Cognac Date Squares

1 square equals 301 calories, 11 g fat (6 g saturated fat), 23 mg cholesterol, 261 mg sodium, 50 g carbohydrate, 4 g fiber, 4 g protein.

Cornmeal Dinner Rolls

1 roll equals 140 calories, 5 g fat (3 g saturated fat), 26 mg cholesterol, 137 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein.

Cranberry-Lime Sangria

¾ cup equals 134 calories, trace fat (trace saturated fat), 0 cholesterol, 12 mg sodium, 24 g carbohydrate, 1 g fiber, trace protein.

Creamy Peppermint Punch

¾ cup (calculated without peppermint candies) equals 226 calories, 12 g fat (7 g saturated fat), 62 mg cholesterol, 97 mg sodium, 26 g carbohydrate, 0 fiber, 4 g protein.

Crispy Shrimp Cups

1 appetizer equals 92 calories, 6 g fat (3 g saturated fat), 33 mg cholesterol, 109 mg sodium, 6 g carbohydrate, trace fiber, 4 g protein.

Curried Apricot Couscous

¾ cup equals 268 calories, 8 g fat (4 g saturated fat), 20 mg cholesterol, 365 mg sodium, 47 g carbohydrate, 3 g fiber, 6 g protein.

Curried Cranberry Snack Mix

¾ cup equals 234 calories, 12 g fat (4 g saturated fat), 8 mg cholesterol, 307 mg sodium, 30 g carbohydrate, 2 g fiber, 4 g protein.

Curry Roasted Potatoes

¾ cup with about 2 Tbsp. sauce equals 138 calories, 6 g fat (1 g saturated fat), 2 mg cholesterol, 233 mg sodium, 17 g carbohydrate, 2 g fiber, 4 g protein. Diabetic Exchanges: 1 starch, 1 fat.

Dark Chocolate Flourless Cake

1 slice (calculated without garnishes) equals 356 calories, 28 g fat (15 g saturated fat), 110 mg cholesterol, 73 mg sodium, 32 g carbohydrate, 3 g fiber, 5 g protein.

Dutch Letters

1 pastry equals 248 calories, 16 g fat (9 g saturated fat), 42 mg cholesterol, 182 mg sodium, 25 g carbohydrate, 1 g fiber, 3 g protein.

Frosty Pumpkin Nog

$\frac{3}{4}$ cup (calculated without whipped cream) equals 152 calories, 4 g fat (2 g saturated fat), 12 mg cholesterol, 90 mg sodium, 25 g carbohydrate, 1 g fiber, 7 g protein.

Garlicky Peanut Dip

2 Tbsp. (calculated without vegetables) equals 146 calories, 11 g fat (2 g saturated fat), 0 cholesterol, 221 mg sodium, 10 g carbohydrate, 1 g fiber, 4 g protein.

Ginger Pear Sipper

$\frac{3}{4}$ cup (calculated without pear slice) equals 85 calories, trace fat (0 saturated fat), 0 cholesterol, 10 mg sodium, 22 g carbohydrate, 1 g fiber, trace protein.

Gingerbread Boy Cookies

1 cookie (calculated without optional ingredients) equals 64 calories, 2 g fat (1 g saturated fat), 10 mg cholesterol, 47 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein.

Gingerbread Pancakes with Banana Cream

3 pancakes with $\frac{1}{3}$ cup topping equals 681 calories, 26 g fat (16 g saturated fat), 168 mg cholesterol, 678 mg sodium, 101 g carbohydrate, 2 g fiber, 12 g protein.

Gingerbread Spice Jelly

2 Tbsp. equals 91 calories, trace fat (trace saturated fat), 1 mg cholesterol, 2 mg sodium, 23 g carbohydrate, trace fiber, trace protein.

Great Granola

$\frac{1}{2}$ cup equals 264 calories, 12 g fat (1 g saturated fat), 0 cholesterol, 14 mg sodium, 37 g carbohydrate, 4 g fiber, 6 g protein.

Greek-Style Pizza

1 piece equals 198 calories, 9 g fat (4 g saturated fat), 17 mg cholesterol, 310 mg sodium, 21 g carbohydrate, 2 g fiber, 8 g protein.

Herbed Garlic Dipping Oil

2 Tbsp. oil (calculated without bread) equals 223 calories, 24 g fat (3 g saturated fat), 0 cholesterol, 266 mg sodium, 2 g carbohydrate, trace fiber, trace protein.

Honey & Spice Snack Cake

1 piece (calculated without ganache) equals 180 calories, 7 g fat (1 g saturated fat), 35 mg cholesterol, 173 mg sodium, 26 g carbohydrate, 1 g fiber, 4 g protein. Diabetic Exchanges: $1\frac{1}{2}$ starch, 1 fat.

Latkes with Lox

3 latkes with $\frac{1}{3}$ oz. lox (calculated without sour cream and chives) equals 270 calories, 16 g fat (2 g saturated fat), 73 mg cholesterol, 610 mg sodium, 26 g carbohydrate, 2 g fiber, 6 g protein.

Lentil White Bean Pilaf

$\frac{3}{4}$ cup equals 259 calories, 6 g fat (3 g saturated fat), 12 mg cholesterol, 290 mg sodium, 41 g carbohydrate, 11 g fiber, 11 g protein.

Macadamia & Coconut Caramels

1 piece equals 56 calories, 3 g fat (1 g saturated fat), 5 mg cholesterol, 23 mg sodium, 8 g carbohydrate, trace fiber, trace protein.

Makeover Chicken Potpies

1 serving equals 443 calories, 15 g fat (6 g saturated fat), 78 mg cholesterol, 781 mg sodium, 45 g carbohydrate, 5 g fiber, 31 g protein.

Maple Nut Twist

1 wedge equals 338 calories, 16 g fat (6 g saturated fat), 33 mg cholesterol, 251 mg sodium, 44 g carbohydrate, 2 g fiber, 5 g protein.

Miniature Shepherd's Pies

1 appetizer equals 86 calories, 4 g fat (1 g saturated fat), 4 mg cholesterol, 112 mg sodium, 10 g carbohydrate, 1 g fiber, 2 g protein.

Mulled Red Cider

$\frac{3}{4}$ cup (calculated without cinnamon-sugar garnish) equals 163 calories, 0 fat (0 saturated fat), 0 cholesterol, 10 mg sodium, 24 g carbohydrate, 0 fiber, trace protein.

Mustard & Cranberry Glazed Ham

4 oz. cooked ham with $\frac{1}{2}$ cup sauce equals 449 calories, 6 g fat (2 g saturated fat), 99 mg cholesterol, 1,310 mg sodium, 65 g carbohydrate, 1 g fiber, 33 g protein.

Neighborhood Bean Soup

1 cup equals 203 calories, 5 g fat (1 g saturated fat), 11 mg cholesterol, 1,001 mg sodium, 29 g carbohydrate, 9 g fiber, 13 g protein.

New York-Style Cheesecake Mousse

$\frac{1}{4}$ cup (calculated without strawberries) equals 175 calories, 14 g fat (9 g saturated fat), 46 mg cholesterol, 96 mg sodium, 10 g carbohydrate, trace fiber, 2 g protein.

No-Knead Harvest Bread

1 slice equals 134 calories, 2 g fat (trace saturated fat), 0 cholesterol, 265 mg sodium, 26 g carbohydrate, 2 g fiber, 5 g protein. Diabetic Exchanges: $1\frac{1}{2}$ starch.

Orange Ginger Chicken

$\frac{1}{2}$ cup equals 326 calories, 13 g fat (3 g saturated fat), 76 mg cholesterol, 378 mg sodium, 30 g carbohydrate, trace fiber, 22 g protein.

Orange-Cranberry Pound Cake with Vanilla Glaze

1 slice equals 658 calories, 30 g fat (16 g saturated fat), 153 mg cholesterol, 293 mg sodium, 92 g carbohydrate, 1 g fiber, 8 g protein.

Peanut Butter Snack Bars

1 bar equals 215 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 87 mg sodium, 24 g carbohydrate, 3 g fiber, 7 g protein. Diabetic Exchanges: $1\frac{1}{2}$ starch, 1 high-fat meat.

Peas & Pasta Carbonara

$1\frac{1}{2}$ cups equals 553 calories, 24 g fat (13 g saturated fat), 77 mg cholesterol, 680 mg sodium, 64 g carbohydrate, 5 g fiber, 25 g protein.

Pecan Bread Pudding with Rum Custard Sauce

$\frac{3}{4}$ cup pudding with $\frac{1}{4}$ cup sauce equals 286 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 455 mg sodium, 43 g carbohydrate, 1 g fiber, 11 g protein.

Peppermint Lollipops

1 lollipop (calculated without crushed peppermints) equals 179 calories, 0 fat (0 saturated fat), 0 cholesterol, 27 mg sodium, 47 g carbohydrate, 0 fiber, 0 protein.

Prosciutto Provolone Panini

1 sandwich equals 404 calories, 25 g fat (10 g saturated fat), 42 mg cholesterol, 986 mg sodium, 26 g carbohydrate, 1 g fiber, 19 g protein.

Pulled Brisket Sandwiches

1 sandwich equals 405 calories, 11 g fat (4 g saturated fat), 69 mg cholesterol, 753 mg sodium, 38 g carbohydrate, 1 g fiber, 37 g protein.

Ranch Spread Snowman

2 Tbsp. (calculated without decorations, crackers and vegetables) equals 122 calories, 12 g fat (7 g saturated fat), 35 mg cholesterol, 374 mg sodium, 3 g carbohydrate, trace fiber, 2 g protein.

Raspberry Hot Cocoa

1 cup (calculated without toppings) equals 325 calories, 17 g fat (10 g saturated fat), 14 mg cholesterol, 92 mg sodium, 38 g carbohydrate, 4 g fiber, 10 g protein.

Rice Paper Rolls

1 roll with 2 tsp. sauce equals 191 calories, 7 g fat (1 g saturated fat), 14 mg cholesterol, 179 mg sodium, 22 g carbohydrate, 2 g fiber, 10 g protein.

Roasted Carrot Fries

$\frac{1}{2}$ cup equals 53 calories, 2 g fat (trace saturated fat), 0 cholesterol, 299 mg sodium, 9 g carbohydrate, 3 g fiber, 1 g protein. Diabetic Exchange: 2 vegetable.

Roasted Grape Tomatoes

$\frac{1}{4}$ cup (calculated without crackers and cheese) equals 36 calories, 2 g fat (trace saturated fat), 0 cholesterol, 78 mg sodium, 5 g carbohydrate, trace fiber, trace protein.

**Rosemary-Apricot
Pork Tenderloin**

3 oz. cooked pork equals 280 calories, 9 g fat (2 g saturated fat), 63 mg cholesterol, 357 mg sodium, 27 g carbohydrate, trace fiber, 23 g protein. Diabetic Exchanges: 3 lean meat, 1½ starch, 1 fat.

Saltine Toffee Bark

1 oz. equals 171 calories, 12 g fat (7 g saturated fat), 21 mg cholesterol, 119 mg sodium, 18 g carbohydrate, 1 g fiber, 1 g protein.

Sauerkraut Latkes

3 latkes (calculated without sour cream) equals 306 calories, 20 g fat (2 g saturated fat), 127 mg cholesterol, 658 mg sodium, 27 g carbohydrate, 3 g fiber, 6 g protein.

**Seared Scallops with
Citrus Herb Sauce**

3 scallops with 1½ tsp. sauce equals 314 calories, 18 g fat (11 g saturated fat), 101 mg cholesterol, 691 mg sodium, 6 g carbohydrate, trace fiber, 29 g protein.

**Seeded Butternut
Squash Braid**

1 slice equals 192 calories, 7 g fat (3 g saturated fat), 31 mg cholesterol, 150 mg sodium, 25 g carbohydrate, 2 g fiber, 7 g protein. Diabetic Exchanges: 1½ starch, 1 fat.

Shallot-Blue Cheese Dip

2 Tbsp. (calculated without vegetables) equals 116 calories, 9 g fat (4 g saturated fat), 17 mg cholesterol, 276 mg sodium, 5 g carbohydrate, trace fiber, 4 g protein.

Shiitake & Butternut Risotto

¾ cup equals 282 calories, 9 g fat (3 g saturated fat), 12 mg cholesterol, 567 mg sodium, 40 g carbohydrate, 3 g fiber, 10 g protein.

**Skillet-Roasted Lemon
Chicken with Potatoes**

2 chicken thighs with 4 oz. potatoes and 2 tomatoes equals 446 calories, 20 g fat (5 g saturated fat), 151 mg cholesterol, 429 mg sodium, 18 g carbohydrate, 3 g fiber, 45 g protein.

**Smoked Trout &
Hearts of Palm Bites**

1 appetizer equals 91 calories, 4 g fat (1 g saturated fat), 11 mg cholesterol, 158 mg sodium, 11 g carbohydrate, 1 g fiber, 4 g protein.

Southern Black-Eyed Peas

¾ cup equals 359 calories, 11 g fat (3 g saturated fat), 5 mg cholesterol, 788 mg sodium, 48 g carbohydrate, 14 g fiber, 20 g protein.

Sparkling Pom-Berry Splash

1 serving equals 92 calories, trace fat (0 saturated fat), 0 cholesterol, 11 mg sodium, 10 g carbohydrate, trace fiber, trace protein.

Sunday Supper Sandwiches

1 sandwich equals 403 calories, 20 g fat (8 g saturated fat), 96 mg cholesterol, 966 mg sodium, 25 g carbohydrate, 4 g fiber, 31 g protein.

Sweet Holiday Carrots

¾ cup equals 289 calories, 10 g fat (2 g saturated fat), 6 mg cholesterol, 321 mg sodium, 52 g carbohydrate, 5 g fiber, 3 g protein.

Sweet-Sour Green Beans

¾ cup equals 183 calories, 10 g fat (3 g saturated fat), 15 mg cholesterol, 200 mg sodium, 19 g carbohydrate, 4 g fiber, 5 g protein.

Triple-Ginger Gingersnaps

1 cookie equals 70 calories, 3 g fat (2 g saturated fat), 11 mg cholesterol, 86 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein.

**Vanilla & Cinnamon-Kissed
Apple Latkes**

3 latkes with 1 tsp. cinnamon-sugar equals 422 calories, 17 g fat (2 g saturated fat), 72 mg cholesterol, 200 mg sodium, 62 g carbohydrate, 3 g fiber, 8 g protein.

Winter Herb Tea Mix

1 cup hot tea equals 27 calories, trace fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 7 g carbohydrate, 1 g fiber, trace protein.

**Zesty Chicken
Tortellini Soup**

1½ cups equals 310 calories, 11 g fat (4 g saturated fat), 86 mg cholesterol, 1,097 mg sodium, 22 g carbohydrate, 2 g fiber, 29 g protein.

Zippy Tortilla Chips

12 chips equals 138 calories, 3 g fat (trace saturated fat), 0 cholesterol, 85 mg sodium, 26 g carbohydrate, 3 g fiber, 3 g protein. Diabetic Exchanges: 1½ starch, ½ fat.

**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 assigned to recipes in accordance with guidelines from the American Diabetic and the American Dietetic Associations.