

25-Minute Turkey Chili

1 cup equals 268 calories, 11 g fat (3 g saturated fat), 48 mg cholesterol, 781 mg sodium, 25 g carbohydrate, 7 g fiber, 19 g protein. *Diabetic Exchanges:* 2 medium-fat meat, 1 starch, 1 vegetable.

Almond Custard Fondue

¼ cup (calculated without dippers) equals 165 calories, 9 g fat (5 g saturated fat), 85 mg cholesterol, 116 mg sodium, 16 g carbohydrate, trace fiber, 3 g protein.

Arroz Con Leche (Rice Pudding)

½ cup equals 351 calories, 7 g fat (4 g saturated fat), 26 mg cholesterol, 99 mg sodium, 65 g carbohydrate, 1 g fiber, 8 g protein.

Basil Baked Tomatoes

1 tomato half equals 65 calories, 4 g fat (1 g saturated fat), trace cholesterol, 39 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein.

Beer & Cheddar Fondue

¼ cup fondue (calculated without pretzels and sausage) equals 221 calories, 16 g fat (12 g saturated fat), 60 mg cholesterol, 341 mg sodium, 4 g carbohydrate, trace fiber, 12 g protein.

Best-Ever Chicken Fajita Chowder

1½ cups (calculated without optional ingredients) equals 482 calories, 21 g fat (10 g saturated fat), 85 mg cholesterol, 531 mg sodium, 45 g carbohydrate, 4 g fiber, 26 g protein.

Blue Cheese-Onion Steak Bites

1 appetizer equals 76 calories, 4 g fat (2 g saturated fat), 13 mg cholesterol, 107 mg sodium, 6 g carbohydrate, 1 g fiber, 5 g protein.

Broccoli with Almonds

1 cup equals 111 calories, 8 g fat (1 g saturated fat), trace cholesterol, 618 mg sodium, 8 g carbohydrate, 4 g fiber, 4 g protein.

California Chicken Wraps

1 wrap equals 300 calories, 8 g fat (2 g saturated fat), 58 mg cholesterol, 408 mg sodium, 26 g carbohydrate, 3 g fiber, 27 g protein. *Diabetic Exchanges:* 3 lean meat, 2 starch.

Champion Lamb Burgers

1 burger equals 445 calories, 26 g fat (9 g saturated fat), 100 mg cholesterol, 748 mg sodium, 23 g carbohydrate, 2 g fiber, 29 g protein.

Cheese Lover's Fondue

¼ cup (calculated without bread or apples) equals 196 calories, 12 g fat (8 g saturated fat), 42 mg cholesterol, 127 mg sodium, 3 g carbohydrate, trace fiber, 12 g protein.

Cherry Pie Chimis

1 chimi equals 686 calories, 32 g fat (3 g saturated fat), 0 cholesterol, 429 mg sodium, 87 g carbohydrate, 7 g fiber, 7 g protein.

Chocolate Dream Whoopie Pies

1 whoopie pie equals 579 calories, 37 g fat (12 g saturated fat), 69 mg cholesterol, 386 mg sodium, 61 g carbohydrate, 2 g fiber, 6 g protein.

Confetti Fiesta Braids

1 slice equals 134 calories, 5 g fat (3 g saturated fat), 24 mg cholesterol, 195 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein.

Cool Coffee Gels

1 serving equals 182 calories, 11 g fat (7 g saturated fat), 41 mg cholesterol, 17 mg sodium, 20 g carbohydrate, 0 fiber, 2 g protein.

Cran-Orange Streusel Muffins

1 muffin equals 192 calories, 6 g fat (4 g saturated fat), 33 mg cholesterol, 240 mg sodium, 30 g carbohydrate, 1 g fiber, 4 g protein. *Diabetic Exchanges:* 2 starch, 1 fat.

Crispy Onion Chicken

1 chicken breast half equals 603 calories, 47 g fat (21 g saturated fat), 124 mg cholesterol, 919 mg sodium, 19 g carbohydrate, trace fiber, 23 g protein.

Crispy Pub Rings

6 onion rings with ½ cup dipping sauce equals 628 calories, 50 g fat (12 g saturated fat), 77 mg cholesterol, 1,317 mg sodium, 32 g carbohydrate, 2 g fiber, 11 g protein.

Crouton-Topped Garlic Soup

1 serving equals 570 calories, 46 g fat (22 g saturated fat), 111 mg cholesterol, 804 mg sodium, 29 g carbohydrate, 2 g fiber, 12 g protein.

Cuban Black Beans

¾ cup equals 312 calories, 13 g fat (2 g saturated fat), 0 cholesterol, 214 mg sodium, 38 g carbohydrate, 8 g fiber, 11 g protein.

Curry Mayo Dipping Sauce

2 Tbsp. equals 207 calories, 22 g fat (3 g saturated fat), 10 mg cholesterol, 154 mg sodium, 1 g carbohydrate, trace fiber, trace protein.

Dilled Wheat Bread

1 slice (calculated without coarse salt) equals 160 calories, 3 g fat (2 g saturated fat), 25 mg cholesterol, 292 mg sodium, 26 g carbohydrate, 2 g fiber, 7 g protein. *Diabetic Exchanges:* 1½ starch, 1 lean meat.

Easy Egg Drop Soup

¾ cup equals 39 calories, 2 g fat (trace saturated fat), 53 mg cholesterol, 714 mg sodium, 3 g carbohydrate, trace fiber, 3 g protein.

Ensenada Shrimp Cocktail

½ cup equals 105 calories, 4 g fat (1 g saturated fat), 86 mg cholesterol, 323 mg sodium, 4 g carbohydrate, 1 g fiber, 12 g protein.

Favorite Swedish Rye

1 wedge equals 264 calories, 3 g fat (1 g saturated fat), 0 cholesterol, 106 mg sodium, 56 g carbohydrate, 3 g fiber, 5 g protein.

French Onion Pizza au Gratin

1 slice equals 327 calories, 15 g fat (6 g saturated fat), 26 mg cholesterol, 585 mg sodium, 32 g carbohydrate, 2 g fiber, 15 g protein.

Glazed Pearl Onions

½ cup equals 91 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 92 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g protein. *Diabetic Exchanges:* 1 starch, 1 fat.

Go Bananas Whoopie Pies

1 whoopie pie equals 242 calories, 14 g fat (7 g saturated fat), 33 mg cholesterol, 208 mg sodium, 25 g carbohydrate, 1 g fiber, 5 g protein.

Golden Mustard Fondue

¼ cup (calculated without pretzels or bread) equals 146 calories, 5 g fat (3 g saturated fat), 54 mg cholesterol, 360 mg sodium, 22 g carbohydrate, trace fiber, 2 g protein.

Grandma's Lemon Poppy Seed Cake

1 piece equals 320 calories, 12 g fat (2 g saturated fat), 56 mg cholesterol, 335 mg sodium, 51 g carbohydrate, trace fiber, 3 g protein.

Grilled Stuffed Pork Tenderloin

1 serving equals 296 calories, 9 g fat (4 g saturated fat), 73 mg cholesterol, 678 mg sodium, 24 g carbohydrate, 1 g fiber, 27 g protein. *Diabetic Exchanges:* 3 lean meat, 1½ starch, 1 fat.

Heavenly Chocolate Marshmallow Fondue

¼ cup (calculated without berries and cake) equals 222 calories, 10 g fat (8 g saturated fat), 7 mg cholesterol, 53 mg sodium, 32 g carbohydrate, 1 g fiber, 4 g protein.

Herbed Veggie Mix-Up

¾ cup equals 128 calories, 9 g fat (6 g saturated fat), 24 mg cholesterol, 324 mg sodium, 10 g carbohydrate, 3 g fiber, 3 g protein.

Honey-of-a-Meal Chicken

1 chicken breast with about 2 Tbsp. sauce equals 314 calories, 11 g fat (2 g saturated fat), 103 mg cholesterol, 433 mg sodium, 13 g carbohydrate, 1 g fiber, 38 g protein. *Diabetic Exchanges:* 4 lean meat, 1 starch, 1 fat.

Italian Spiral Meat Loaf

1 slice equals 386 calories, 23 g fat (9 g saturated fat), 130 mg cholesterol, 981 mg sodium, 12 g carbohydrate, 1 g fiber, 31 g protein.

Italian Stuffed Portobellos

1 mushroom equals 349 calories, 25 g fat (7 g saturated fat), 37 mg cholesterol, 828 mg sodium, 19 g carbohydrate, 4 g fiber, 14 g protein.

Lemonade Cheesecake Parfaits

1 parfait equals 449 calories, 18 g fat (11 g saturated fat), 62 mg cholesterol, 193 mg sodium, 67 g carbohydrate, trace fiber, 7 g protein.

Lemony Gingerbread Whoopie Pies

1 whoopie pie equals 286 calories, 13 g fat (8 g saturated fat), 42 mg cholesterol, 184 mg sodium, 41 g carbohydrate, 1 g fiber, 2 g protein.

Lick-the-Bowl-Clean Hummus

¼ cup (calculated without chips and vegetables) equals 218 calories, 17 g fat (2 g saturated fat), 0 cholesterol, 91 mg sodium, 14 g carbohydrate, 3 g fiber, 3 g protein.

Make-Ahead Mashed Potatoes

¾ cup equals 419 calories, 24 g fat (15 g saturated fat), 74 mg cholesterol, 544 mg sodium, 41 g carbohydrate, 4 g fiber, 11 g protein.

Marsala Pork Chops

1 pork chop with ¼ cup onions equals 526 calories, 36 g fat (14 g saturated fat), 113 mg cholesterol, 351 mg sodium, 19 g carbohydrate, 3 g fiber, 30 g protein.

Mediterranean Shrimp Skillet

1¼ cups shrimp mixture with 1 cup pasta equals 429 calories, 7 g fat (2 g saturated fat), 216 mg cholesterol, 879 mg sodium, 48 g carbohydrate, 3 g fiber, 39 g protein.

Microwave Mac 'n' Cheese

1 serving equals 543 calories, 33 g fat (20 g saturated fat), 87 mg cholesterol, 1,311 mg sodium, 44 g carbohydrate, 2 g fiber, 20 g protein.

Molded Margaritas

1 serving equals 264 calories, 0 fat (0 saturated fat), 0 cholesterol, 97 mg sodium, 49 g carbohydrate, 0 fiber, 4 g protein.

Nena's Papas Rellenas

3 papas rellenas equals 224 calories, 6 g fat (2 g saturated fat), 71 mg cholesterol, 615 mg sodium, 29 g carbohydrate, 2 g fiber, 13 g protein.

No-Fuss Avocado Onion Salad

1 serving equals 147 calories, 13 g fat (2 g saturated fat), 0 cholesterol, 108 mg sodium, 8 g carbohydrate, 3 g fiber, 1 g protein. *Diabetic Exchanges:* 2 fat, ½ starch.

Nutty Chicken Stir-Fry

1¼ cups (calculated without rice) equals 434 calories, 22 g fat (3 g saturated fat), 51 mg cholesterol, 991 mg sodium, 31 g carbohydrate, 7 g fiber, 31 g protein.

Overnight Refrigerator Rolls

1 roll equals 168 calories, 5 g fat (1 g saturated fat), 19 mg cholesterol, 207 mg sodium, 26 g carbohydrate, 1 g fiber, 4 g protein. *Diabetic Exchanges:* 1½ starch, 1 fat.

Presto Mexican Peppers

1 stuffed pepper (calculated without sour cream or additional salsa) equals 435 calories, 20 g fat (8 g saturated fat), 136 mg cholesterol, 518 mg sodium, 32 g carbohydrate, 5 g fiber, 30 g protein.

Raspberry & Rosemary Sundaes

½ cup ice cream with 2 Tbsp. sauce equals 202 calories, 7 g fat (4 g saturated fat), 20 mg cholesterol, 44 mg sodium, 33 g carbohydrate, 3 g fiber, 2 g protein.

Red Velvet Whoopie Pies

1 whoopie pie equals 272 calories, 15 g fat (9 g saturated fat), 56 mg cholesterol, 199 mg sodium, 32 g carbohydrate, 1 g fiber, 3 g protein.

Rocky Road Pudding Cups

½ cup equals 417 calories, 22 g fat (9 g saturated fat), 78 mg cholesterol, 80 mg sodium, 55 g carbohydrate, 4 g fiber, 9 g protein.

Rustic Fig, Onion & Pear Tart

1 slice equals 228 calories, 8 g fat (3 g saturated fat), 16 mg cholesterol, 111 mg sodium, 39 g carbohydrate, 2 g fiber, 2 g protein.

Saucy Garlic Chicken

1 chicken breast with ¾ cup sauce (calculated without pasta) equals 601 calories, 32 g fat (16 g saturated fat), 163 mg cholesterol, 1,066 mg sodium, 23 g carbohydrate, 2 g fiber, 55 g protein.

Savory Cocktail Scones

1 scone with 1½ tsp. butter equals 204 calories, 15 g fat (9 g saturated fat), 52 mg cholesterol, 297 mg sodium, 13 g carbohydrate, 1 g fiber, 3 g protein.

Savory Sausage Penne Supper

1½ cups equals 480 calories, 15 g fat (5 g saturated fat), 33 mg cholesterol, 959 mg sodium, 64 g carbohydrate, 4 g fiber, 21 g protein.

Sesame Breadsticks

2 breadsticks equals 176 calories, 6 g fat (1 g saturated fat), 5 mg cholesterol, 407 mg sodium, 26 g carbohydrate, 1 g fiber, 5 g protein.

Slow and Easy BBQ Ribs

1 serving equals 495 calories, 21 g fat (8 g saturated fat), 130 mg cholesterol, 478 mg sodium, 33 g carbohydrate, 1 g fiber, 41 g protein.

Smokin' Hot Deviled Eggs

1 stuffed egg half equals 74 calories, 6 g fat (1 g saturated fat), 108 mg cholesterol, 116 mg sodium, 1 g carbohydrate, trace fiber, 3 g protein.

Southwest Beef Brisket

about 5 oz. cooked beef with 3 Tbsp. tomato mixture equals 271 calories, 10 g fat (3 g saturated fat), 72 mg cholesterol, 500 mg sodium, 8 g carbohydrate, 2 g fiber, 36 g protein. *Diabetic Exchanges:* 5 lean meat, ½ starch, 1/2 fat.

Spiced Pear Upside-Down Cake

1 piece equals 419 calories, 25 g fat (13 g saturated fat), 77 mg cholesterol, 347 mg sodium, 47 g carbohydrate, 3 g fiber, 4 g protein.

Spiced Tea Delight

¾ cup equals 253 calories, 15 g fat (9 g saturated fat), 54 mg cholesterol, 25 mg sodium, 29 g carbohydrate, trace fiber, 4 g protein.

Stephanie's Slow Cooker Stew

1½ cups equals 273 calories, 7 g fat (2 g saturated fat), 56 mg cholesterol, 865 mg sodium, 31 g carbohydrate, 4 g fiber, 22 g protein. *Diabetic Exchanges:* 3 lean meat, 2 vegetable, 1 starch.

Strawberry Party Punch

¾ cup equals 101 calories, trace fat (trace saturated fat), 0 cholesterol, 9 mg sodium, 25 g carbohydrate, 1 g fiber, 1 g protein.

Sun-Dried Tomato Cheese Balls

1 mini cheese ball (calculated without crackers) equals 151 calories, 13 g fat (6 g saturated fat), 37 mg cholesterol, 434 mg sodium, 1 g carbohydrate, trace fiber, 8 g protein.

Sweet & Sassy Sauce

2 Tbsp. equals 56 calories, trace fat (trace saturated fat), 0 cholesterol, 331 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein.

Tipsy Roasted Peaches

1 serving equals 479 calories, 28 g fat (16 g saturated fat), 130 mg cholesterol, 193 mg sodium, 46 g carbohydrate, 2 g fiber, 4 g protein.

Tomato-Herb Focaccia

1 piece equals 111 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 314 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein.

Tropical Rainbow Dessert

1 slice equals 345 calories, 6 g fat (5 g saturated fat), 0 cholesterol, 148 mg sodium, 71 g carbohydrate, 0 fiber, 5 g protein.

Ultimate Panini

1 panini equals 405 calories, 22 g fat (8 g saturated fat), 55 mg cholesterol, 1,188 mg sodium, 34 g carbohydrate, 3 g fiber, 20 g protein.

Vegetable Scrambled Eggs

1 serving equals 90 calories, trace fat (trace saturated fat), 1 mg cholesterol, 563 mg sodium, 8 g carbohydrate, 2 g fiber, 14 g protein. *Diabetic Exchanges:* 2 lean meat, 1 vegetable.

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.