

All-Around Seasoning Mix

1 tsp. equals 7 calories, trace fat (trace saturated fat), 0 cholesterol, 120 mg sodium, 1 g carbohydrate, 1 g fiber, trace protein.

Backyard Red Potato Salad

$\frac{3}{4}$ cup equals 215 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 312 mg sodium, 24 g carbohydrate, 3 g fiber, 3 g protein. Diabetic Exchanges: 2 fat, $1\frac{1}{2}$ starch.

Bistro Apple Panini

1 panini equals 512 calories, 25 g fat (12 g saturated fat), 62 mg cholesterol, 1,235 mg sodium, 50 g carbohydrate, 2 g fiber, 22 g protein.

Blackberry Mint Pops

1 pop equals 68 calories, trace fat (trace saturated fat), 0 cholesterol, 6 mg sodium, 17 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchange: 1 starch.

Blackberry-Basil Panna Cotta

1 panna cotta with 3 Tbsp. sauce equals 734 calories, 41 g fat (26 g saturated fat), 159 mg cholesterol, 106 mg sodium, 73 g carbohydrate, 3 g fiber, 7 g protein.

Blue Cheese-Stuffed Steaks

1 steak with 1 cup tomato mixture equals 463 calories, 23 g fat (8 g saturated fat), 113 mg cholesterol, 644 mg sodium, 10 g carbohydrate, 2 g fiber, 53 g protein.

Bluebarb Pie

1 piece equals 471 calories, 18 g fat (5 g saturated fat), 4 mg cholesterol, 383 mg sodium, 74 g carbohydrate, 3 g fiber, 4 g protein.

Bravo Italian Chicken

1 chicken breast half with $1\frac{1}{2}$ cups eggplant mixture equals 397 calories, 13 g fat (5 g saturated fat), 103 mg cholesterol, 1,123 mg sodium, 26 g carbohydrate, 8 g fiber, 43 g protein.

Broccoli Raisin Salad

$\frac{3}{4}$ cup equals 116 calories, 2 g fat (1 g saturated fat), 3 mg cholesterol, 226 mg sodium, 23 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchanges: 1 vegetable, 1 fruit, $\frac{1}{2}$ fat

Cajun Beef Burger

1 burger equals 462 calories, 26 g fat (8 g saturated fat), 83 mg cholesterol, 1,075 mg sodium, 27 g carbohydrate, 1 g fiber, 28 g protein.

Cajun Shrimp Skewer

1 skewer equals 89 calories, 4 g fat (1 g saturated fat), 69 mg cholesterol, 69 mg sodium, 3 g carbohydrate, 1 g fiber, 9 g protein. Diabetic Exchanges: 3 lean meat, 1 fat.

Caprese Salad Kabob

1 kabob equals 45 calories, 4 g fat (1 g saturated fat), 5 mg cholesterol, 12 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchange: 1 fat.

Caramel Apple and Brie Skewer

1 skewer equals 272 calories, 16 g fat (6 g saturated fat), 29 mg cholesterol, 303 mg sodium, 27 g carbohydrate, 2 g fiber, 7 g protein.

Chipotle Beef Tenderloins

1 steak with $\frac{1}{4}$ cup sauce equals 324 calories, 15 g fat (4 g saturated fat), 75 mg cholesterol, 649 mg sodium, 8 g carbohydrate, 2 g fiber, 38 g protein. Diabetic Exchanges: 5 lean meat, 1 vegetable, 1 fat.

Chipotle Lime Corn Cobs

1 ear of corn equals 289 calories, 18 g fat (3 g saturated fat), 13 mg cholesterol, 240 mg sodium, 28 g carbohydrate, 4 g fiber, 7 g protein.

Classic Cashew Beef

$\frac{3}{4}$ cup (calculated without rice) equals 380 calories, 24 g fat (5 g saturated fat), 46 mg cholesterol, 463 mg sodium, 11 g carbohydrate, 2 g fiber, 30 g protein.

Cola Hot Wings

1 chicken wing (calculated without salad dressing) equals 57 calories, 3 g fat (1 g saturated fat), 15 mg cholesterol, 48 mg sodium, 2 g carbohydrate, trace fiber, 5 g protein.

Cool as a Cucumber Soup

$\frac{1}{2}$ cup equals 31 calories, trace fat (trace saturated fat), 1 mg cholesterol, 199 mg sodium, 6 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchange: $\frac{1}{2}$ fat-free milk.

Cool Beans Salad

$1\frac{1}{3}$ cups equals 440 calories, 19 g fat (3 g saturated fat), 0 cholesterol, 659 mg sodium, 58 g carbohydrate, 8 g fiber, 12 g protein.

Cuban Chimichurri

2 Tbsp. equals 95 calories, 9 g fat (1 g saturated fat), 0 cholesterol, 122 mg sodium, 3 g carbohydrate, trace fiber, 1 g protein.

Curry Butter

1 Tbsp. equals 102 calories, 11 g fat (7 g saturated fat), 30 mg cholesterol, 81 mg sodium, trace carbohydrate, trace fiber, trace protein.

Dad's Best Pork Chops

1 pork chop with $\frac{1}{3}$ cup salsa equals 342 calories, 19 g fat (7 g saturated fat), 111 mg cholesterol, 229 mg sodium, 5 g carbohydrate, 1 g fiber, 37 g protein.

Easy Grilled Squash

2 slices equals 178 calories, 10 g fat (1 g saturated fat), 0 cholesterol, 156 mg sodium, 23 g carbohydrate, 7 g fiber, 2 g protein.

Family-Friendly Stuffed Cheeseburgers

1 burger equals 629 calories, 32 g fat (15 g saturated fat), 167 mg cholesterol, 1,149 mg sodium, 42 g carbohydrate, 3 g fiber, 41 g protein.

Fig-a-licious Pork Burgers

1 burger equals 592 calories, 26 g fat (10 g saturated fat), 88 mg cholesterol, 1,199 mg sodium, 49 g carbohydrate, 5 g fiber, 32 g protein.

Firecracker Cupcakes

1 cupcake equals 202 calories, 11 g fat (5 g saturated fat), 26 mg cholesterol, 160 mg sodium, 24 g carbohydrate, trace fiber, 1 g protein.

Firecracker Float

1 serving equals 530 calories, 22 g fat (13 g saturated fat), 87 mg cholesterol, 185 mg sodium, 82 g carbohydrate, 0 fiber, 7 g protein.

Fresh as Summer Salad

1 cup equals 104 calories, 7 g fat (2 g saturated fat), 4 mg cholesterol, 289 mg sodium, 9 g carbohydrate, 3 g fiber, 3 g protein. Diabetic Exchanges: 1 fat, $\frac{1}{2}$ starch.

Fruity Halibut Steaks

1 halibut steak with $\frac{1}{2}$ cup salsa equals 332 calories, 10 g fat (1 g saturated fat), 73 mg cholesterol, 323 mg sodium, 11 g carbohydrate, 2 g fiber, 48 g protein.

Garlic Parmesan Orzo

1 cup equals 321 calories, 14 g fat (8 g saturated fat), 36 mg cholesterol, 513 mg sodium, 40 g carbohydrate, 2 g fiber, 9 g protein.

Ginger-Tuna Kabobs

1 kabob with $1\frac{1}{2}$ tsp. sauce (calculated without watercress) equals 100 calories, 8 g fat (1 g saturated fat), 15 mg cholesterol, 186 mg sodium, 1 g carbohydrate, trace fiber, 7 g protein.

Greens with Balsamic Vinaigrette 2 Tbsp. equals 53 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 77 mg sodium, 1 g carbohydrate, 0.55 g fiber, 0.55 g protein. Diabetic Exchange: 1 fat.

Grilled Romaine Toss

1 cup equals 198 calories, 14 g fat (2 g saturated fat), 2 mg cholesterol, 164 mg sodium, 16 g carbohydrate, 2 g fiber, 3 g protein.

Grilled Salmon Packets

1 serving equals 286 calories, 16 g fat (3 g saturated fat), 85 mg cholesterol, 516 mg sodium, 5 g carbohydrate, 1 g fiber, 29 g protein.

Ham It Up Primavera

$1\frac{1}{4}$ cups equals 417 calories, 23 g fat (14 g saturated fat), 79 mg cholesterol, 804 mg sodium, 38 g carbohydrate, 4 g fiber, 15 g protein.

Happy Hot Dog Relish

2 Tbsp. equals 56 calories, 1 g fat (trace saturated fat), 0 cholesterol, 96 mg sodium, 12 g carbohydrate, 1 g fiber, trace protein.

Heavenly Greek Tacos

2 tacos equals 561 calories, 19 g fat (5 g saturated fat), 130 mg cholesterol, 793 mg sodium, 52 g carbohydrate, 6 g fiber, 41 g protein.

Honey Pecan & Goat Cheese Salad

1 serving equals 570 calories, 47 g fat (10 g saturated fat), 64 mg cholesterol, 763 mg sodium, 29 g carbohydrate, 3 g fiber, 11 g protein.

Jalapeno Popper Burgers

1 burger equals 879 calories, 58 g fat (23 g saturated fat), 204 mg cholesterol, 1,715 mg sodium, 31 g carbohydrate, 5 g fiber, 59 g protein.

Joy Bundles & Rice

2 chicken roll-ups with 1 cup rice equals 910 calories, 42 g fat (23 g saturated fat), 219 mg cholesterol, 1,418 mg sodium, 80 g carbohydrate, 2 g fiber, 50 g protein.

Jungle Float

1 serving (calculated without optional garnishes) equals 578 calories, 22 g fat (13 g saturated fat), 67 mg cholesterol, 238 mg sodium, 92 g carbohydrate, 2 g fiber, 9 g protein.

Lemon Breakfast Parfaits

1 parfait equals 146 calories, 1 g fat (1 g saturated fat), 8 mg cholesterol, 64 mg sodium, 27 g carbohydrate, 3 g fiber, 5 g protein. Diabetic Exchanges: 1 starch, ½ fruit.

Mango Cuke Relish

½ cup equals 49 calories, 2 g fat (trace saturated fat), 0 cholesterol, 106 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchange: ½ starch.

Maple Butter

1 Tbsp. equals 114 calories, 11 g fat (7 g saturated fat), 30 mg cholesterol, 81 mg sodium, 3 g carbohydrate, trace fiber, trace protein.

Marvelous Mediterranean Vegetables

¾ cup equals 196 calories, 16 g fat (3 g saturated fat), 3 mg cholesterol, 549 mg sodium, 11 g carbohydrate, 3 g fiber, 4 g protein.

Mimi's Lentil Medley

1¼ cups equals 226 calories, 9 g fat (3 g saturated fat), 11 mg cholesterol, 299 mg sodium, 25 g carbohydrate, 10 g fiber, 12 g protein. Diabetic Exchanges: 2 fat, 1 starch, 1 vegetable.

Northwest Salmon Salad

1 serving equals 305 calories, 18 g fat (4 g saturated fat), 67 mg cholesterol, 571 mg sodium, 13 g carbohydrate, 3 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1 starch.

Olive 'n Fig Chicken

1 chicken breast half with 2 Tbsp. sauce (calculated without pasta) equals 360 calories, 22 g fat (3 g saturated fat), 78 mg cholesterol, 899 mg sodium, 10 g carbohydrate, 1 g fiber, 30 g protein.

Peppered Pork Pitas

¾ cup pork mixture with 1 pita bread equals 380 calories, 11 g fat (3 g saturated fat), 55 mg cholesterol, 665 mg sodium, 37 g carbohydrate, 2 g fiber, 27 g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 fat.

Raspberry Onion Relish

¼ cup equals 44 calories, 3 g fat (trace saturated fat), 0 cholesterol, 31 mg sodium, 5 g carbohydrate, 2 g fiber, trace protein.

Raspberry Turkey Tenderloins

3 oz. cooked turkey with 2 tsp. sauce equals 199 calories, 2 g fat (trace saturated fat), 56 mg cholesterol, 351 mg sodium, 20 g carbohydrate, trace fiber, 26 g protein. Diabetic Exchanges: 3 lean meat, 1 starch.

Razzy Jazzy Berry Tarts

1 tart equals 122 calories, 7 g fat (4 g saturated fat), 19 mg cholesterol, 83 mg sodium, 15 g carbohydrate, 1 g fiber, 1 g protein.

Red Velvet Crepe Cakes

1 slice equals 812 calories, 33 g fat (19 g saturated fat), 157 mg cholesterol, 521 mg sodium, 125 g carbohydrate, trace fiber, 7 g protein.

Red, White and Blue Cheesecake

1 slice equals 472 calories, 35 g fat (22 g saturated fat), 167 mg cholesterol, 320 mg sodium, 32 g carbohydrate, 1 g fiber, 8 g protein.

Rich & Creamy Ravioli

1 cup ravioli with ½ cup sauce equals 414 calories, 19 g fat (12 g saturated fat), 71 mg cholesterol, 653 mg sodium, 45 g carbohydrate, 3 g fiber, 16 g protein.

Roasted Poblano Beef Stew

1½ cups equals 337 calories, 15 g fat (5 g saturated fat), 74 mg cholesterol, 808 mg sodium, 24 g carbohydrate, 4 g fiber, 27 g protein. Diabetic Exchanges: 3 lean meat, 1 starch, 1 vegetable, 1 fat.

Saucy Thai Beef Noodles

1½ cups equals 536 calories, 19 g fat (4 g saturated fat), 31 mg cholesterol, 795 mg sodium, 58 g carbohydrate, 5 g fiber, 34 g protein.

Sesame Green Beans

¾ cup equals 55 calories, 3 g fat (trace saturated fat), 0 cholesterol, 205 mg sodium, 7 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, ½ fat.

Sizzling Tex-Mex Fajitas

2 fajitas (calculated without optional toppings) equals 693 calories, 26 g fat (7 g saturated fat), 89 mg cholesterol, 1,029 mg sodium, 61 g carbohydrate, 1 g fiber, 51 g protein.

Smoky Cranberry Ribs

1 serving with 3 Tbsp. sauce equals 1,023 calories, 62 g fat (23 g saturated fat), 245 mg cholesterol, 1,936 mg sodium, 63 g carbohydrate, 3 g fiber, 51 g protein.

Spicy Olive Relish

2 Tbsp. equals 36 calories, 1 g fat (trace saturated fat), 0 cholesterol, 542 mg sodium, 3 g carbohydrate, 1 g fiber, 1 g protein.

Stacey's Famous BBQ Chicken

1 chicken leg quarter equals 340 calories, 16 g fat (4 g saturated fat), 105 mg cholesterol, 673 mg sodium, 17 g carbohydrate, trace fiber, 30 g protein.

Strawberry Patch Frost

1 serving (calculated without whipped cream and sprinkles) equals 715 calories, 39 g fat (24 g saturated fat), 139 mg cholesterol, 166 mg sodium, 89 g carbohydrate, 2 g fiber, 8 g protein.

Sweet & Spicy Fusion Burgers

1 burger equals 546 calories, 28 g fat (10 g saturated fat), 107 mg cholesterol, 1,662 mg sodium, 47 g carbohydrate, 2 g fiber, 28 g protein.

Sweet Onion Bread Skillet

1 wedge equals 415 calories, 17 g fat (5 g saturated fat), 19 mg cholesterol, 776 mg sodium, 53 g carbohydrate, 2 g fiber, 11 g protein.

Teriyaki Mahi Mahi

1 fish fillet with 1 Tbsp. sauce equals 192 calories, 5 g fat (1 g saturated fat), 124 mg cholesterol, 470 mg sodium, 3 g carbohydrate, trace fiber, 33 g protein. Diabetic Exchanges: 5 lean meat, ½ fat.

Tomato-Melon Chicken Salad

1½ cups equals 368 calories, 16 g fat (3 g saturated fat), 113 mg cholesterol, 230 mg sodium, 14 g carbohydrate, 5 g fiber, 44 g protein.

Veggie Cheese People for Two

Nutrition Facts do not apply

Very Veggie Frittata

1 wedge equals 269 calories, 20 g fat (12 g saturated fat), 312 mg cholesterol, 434 mg sodium, 7 g carbohydrate, 1 g fiber, 16 g protein.

Wasabi Butter

1 Tbsp. equals 104 calories, 11 g fat (7 g saturated fat), 30 mg cholesterol, 107 mg sodium, 1 g carbohydrate, trace fiber, trace protein.

Watercress with Fennel & Berries

¾ cup equals 78 calories, 3 g fat (trace saturated fat), 0 cholesterol, 176 mg sodium, 11 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, ½ 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 as signed to recipes in accordance with guidelines from the American Diabetic and the American Dietetic Associations.