

Baked Sweet Potato Pudding

¾ cup (calculated without ice cream) equals 324 calories, 14 g fat (8 g saturated fat), 100 mg cholesterol, 111 mg sodium, 46 g carbohydrate, 5 g fiber, 6 g protein.

Best Dinner Rolls

1 roll (calculated without toppings) equals 118 calories, 2 g fat (1 g saturated fat), 30 mg cholesterol, 143 mg sodium, 21 g carbohydrate, 1 g fiber, 4 g protein.

Braised Dill Potatoes

1 serving equals 117 calories, 4 g fat (3 g saturated fat), 14 mg cholesterol, 345 mg sodium, 15 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1 fat.

Caramelized Onion & Garlic Pasta

1½ cups equals 574 calories, 24 g fat (9 g saturated fat), 37 mg cholesterol, 495 mg sodium, 71 g carbohydrate, 4 g fiber, 18 g protein.

Cheddar Mashed Cauliflower

¾ cup equals 122 calories, 6 g fat (4 g saturated fat), 21 mg cholesterol, 374 mg sodium, 12 g carbohydrate, 5 g fiber, 8 g protein.

Chestnut Stuffing

¾ cup equals 290 calories, 16 g fat (9 g saturated fat), 65 mg cholesterol, 503 mg sodium, 33 g carbohydrate, 3 g fiber, 5 g protein.

Chicken Stuffed with Broccoli & Cheese

1 stuffed chicken breast half equals 275 calories, 7 g fat (3 g saturated fat), 104 mg cholesterol, 248 mg sodium, 8 g carbohydrate, 1 g fiber, 40 g protein. Diabetic Exchanges: 5 lean meat, ½ starch.

Chili-Spiced Sweet Potato Wedges

4 wedges equals 108 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 109 mg sodium, 16 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

Classic Beef Wellingtons

1 beef wellington equals 945 calories, 51 g fat (13 g saturated fat), 127 mg cholesterol, 866 mg sodium, 74 g carbohydrate, 10 g fiber, 48 g protein.

Cranberry Ricotta Gnocchi with Brown Butter Sauce

¾ cup equals 411 calories, 30 g fat (16 g saturated fat), 101 mg cholesterol, 503 mg sodium, 26 g carbohydrate, 1 g fiber, 13 g protein.

Cumin Roasted Tortillas

1 tortilla equals 208 calories, 10 g fat (1 g saturated fat), 0 cholesterol, 323 mg sodium, 26 g carbohydrate, trace fiber, 5 g protein.

Double Layered Souffle

1 serving equals 421 calories, 25 g fat (15 g saturated fat), 265 mg cholesterol, 604 mg sodium, 16 g carbohydrate, 1 g fiber, 32 g protein.

Easy Ropa Vieja Stew

⅓ cups (calculated without rice) equals 306 calories, 16 g fat (5 g saturated fat), 74 mg cholesterol, 821 mg sodium, 16 g carbohydrate, 4 g fiber, 25 g protein.

Espresso Filling

2 tablespoons equals 222 calories, 21 g fat (12 g saturated fat), 60 mg cholesterol, 24 mg sodium, 7 g carbohydrate, 0 fiber, 3 g protein.

Flaky Creme-Filled Cookies

1 sandwich cookie (calculated without optional ingredients) equals 67 calories, 5 g fat (3 g saturated fat), 13 mg cholesterol, 45 mg sodium, 5 g carbohydrate, trace fiber, 1 g protein.

Four-Cheese Turkey Pasta Bake

1¼ cups equals 752 calories, 48 g fat (28 g saturated fat), 185 mg cholesterol, 1,026 mg sodium, 46 g carbohydrate, 3 g fiber, 34 g protein.

Giant Molasses Cookies

1 cookie equals 310 calories, 13 g fat (7 g saturated fat), 48 mg cholesterol, 219 mg sodium, 46 g carbohydrate, 1 g fiber, 3 g protein.

Green Bean and Walnut Salad

1 serving equals 152 calories, 12 g fat (1 g saturated fat), 0 cholesterol, 105 mg sodium, 12 g carbohydrate, 4 g fiber, 3 g protein. Diabetic Exchanges: 2 vegetable, 2 fat.

Harvest Salads with Pear Vinaigrette

1 salad equals 294 calories, 21 g fat (5 g saturated fat), 32 mg cholesterol, 655 mg sodium, 18 g carbohydrate, 3 g fiber, 10 g protein.

Heavenly Chocolate Cake

1 slice equals 450 calories, 18 g fat (10 g saturated fat), 128 mg cholesterol, 569 mg sodium, 68 g carbohydrate, 2 g fiber, 7 g protein.

Hometown Pasty Pies

1 piece equals 578 calories, 38 g fat (11 g saturated fat), 52 mg cholesterol, 802 mg sodium, 42 g carbohydrate, 3 g fiber, 14 g protein.

Honey-Orange Broccoli Slaw

⅓ cups equals 136 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 103 mg sodium, 18 g carbohydrate, 3 g fiber, 3 g protein. Diabetic Exchanges: 1½ fat, 1 starch.

Jalapeno Cranberry Sauce

3 tablespoons equals 86 calories, trace fat (trace saturated fat), 0 cholesterol, 11 mg sodium, 22 g carbohydrate, 1 g fiber, trace protein.

Lacy Brandy Snaps

1 cookie (calculated without grated chocolate) equals 119 calories, 9 g fat (5 g saturated fat), 31 mg cholesterol, 9 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein.

Lemon-Thyme Bread

1 slice equals 212 calories, 10 g fat (6 g saturated fat), 45 mg cholesterol, 176 mg sodium, 27 g carbohydrate, 1 g fiber, 3 g protein.

Lentil-Tomato Soup

¾ cup equals 138 calories, trace fat (trace saturated fat), 0 cholesterol, 351 mg sodium, 27 g carbohydrate, 9 g fiber, 8 g protein. Diabetic Exchanges: 1 starch, 1 lean meat, 1 vegetable.

Parsnip Potato Gratin

¾ cup equals 412 calories, 23 g fat (14 g saturated fat), 84 mg cholesterol, 268 mg sodium, 42 g carbohydrate, 5 g fiber, 11 g protein.

Peanut Butter Kiss Cookies

1 cookie equals 123 calories, 7 g fat (2 g saturated fat), 10 mg cholesterol, 57 mg sodium, 13 g carbohydrate, 1 g fiber, 3 g protein.

Presto Pizza Patties

1 serving equals 299 calories, 11 g fat (4 g saturated fat), 53 mg cholesterol, 527 mg sodium, 26 g carbohydrate, 2 g fiber, 23 g protein. Diabetic Exchanges: 3 lean meat, 1½ starch.

Pumpkin Bisque with Smoked Gouda

1 cup equals 214 calories, 17 g fat (9 g saturated fat), 58 mg cholesterol, 970 mg sodium, 11 g carbohydrate, 4 g fiber, 7 g protein.

Rainbow Layered Cookies

1 cookie equals 37 calories, 2 g fat (1 g saturated fat), 9 mg cholesterol, 20 mg sodium, 4 g carbohydrate, trace fiber, trace protein.

Raspberry Filling

2 tablespoons equals 59 calories, 4 g fat (3 g saturated fat), 15 mg cholesterol, 4 mg sodium, 5 g carbohydrate, 0 fiber, trace protein.

Roasted Parsnip and Pear Soup

1 cup equals 317 calories, 16 g fat (8 g saturated fat), 42 mg cholesterol, 802 mg sodium, 43 g carbohydrate, 7 g fiber, 3 g protein.

Rosemary Polenta

½ cup equals 132 calories, 3 g fat (2 g saturated fat), 9 mg cholesterol, 534 mg sodium, 20 g carbohydrate, 1 g fiber, 5 g protein. Diabetic Exchanges: 1 starch, ½ fat.

Sage Sausage Dressing

¾ cup equals 258 calories, 14 g fat (4 g saturated fat), 18 mg cholesterol, 641 mg sodium, 26 g carbohydrate, 2 g fiber, 7 g protein.

Savory Garlic Beef & Broccoli Turnovers

1 turnover equals 381 calories, 25 g fat (13 g saturated fat), 84 mg cholesterol, 651 mg sodium, 25 g carbohydrate, 1 g fiber, 17 g protein.

Savory Romano Sticks

1 pastry stick equals 160 calories, 10 g fat (3 g saturated fat), 20 mg cholesterol, 237 mg sodium, 14 g carbohydrate, 2 g fiber, 6 g protein.

Shortbread Cookies

1 cookie equals 323 calories, 20 g fat (13 g saturated fat), 54 mg cholesterol, 3 mg sodium, 32 g carbohydrate, 1 g fiber, 3 g protein.

Spiced Pumpkin Custard Pie

1 piece (calculated without whipped cream) equals 402 calories, 23 g fat (6 g saturated fat), 66 mg cholesterol, 356 mg sodium, 42 g carbohydrate, 4 g fiber, 8 g protein.

Spicy Mustard Turkey Pizza

1 slice equals 384 calories, 15 g fat (5 g saturated fat), 60 mg cholesterol, 635 mg sodium, 34 g carbohydrate, 1 g fiber, 26 g protein.

Spinach Mushroom Enchiladas

2 enchiladas equals 427 calories, 24 g fat (15 g saturated fat), 75 mg cholesterol, 879 mg sodium, 36 g carbohydrate, 5 g fiber, 16 g protein.

Strawberries and Champagne Cheesecake

1 slice equals 684 calories, 42 g fat (25 g saturated fat), 185 mg cholesterol, 378 mg sodium, 68 g carbohydrate, 1 g fiber, 9 g protein.

Stuffed Sweet Potato Casserole

1 stuffed potato half equals 265 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 107 mg sodium, 47 g carbohydrate, 4 g fiber, 3 g protein.

Stuffing Crust Turkey Pot Pie

1 piece (calculated without French-fried onions) equals 389 calories, 20 g fat (9 g saturated fat), 73 mg cholesterol, 910 mg sodium, 30 g carbohydrate, 2 g fiber, 22 g protein.

Stuffing Dumpling Soup

1 1/4 cups equals 390 calories, 15 g fat (3 g saturated fat), 127 mg cholesterol, 1,252 mg sodium, 38 g carbohydrate, 6 g fiber, 27 g protein. **Diabetic Exchanges:** 2 lean meat, 1 starch, 1 vegetable, 1 fat.

Sweet & Salty Truffle Pie

1 piece with 3 truffles equals 1,059 calories, 78 g fat (42 g saturated fat), 172 mg cholesterol, 496 mg sodium, 88 g carbohydrate, 2 g fiber, 10 g protein.

Sweet Potato & Caramelized Onion Shells

3 stuffed shells equals 341 calories, 14 g fat (9 g saturated fat), 42 mg cholesterol, 758 mg sodium, 41 g carbohydrate, 4 g fiber, 13 g protein. **Diabetic Exchanges:** 2 starch, 1 high-fat meat.

Sweet Potato Coconut Pie with Marshmallow Meringue

1 piece equals 603 calories, 23 g fat (15 g saturated fat), 110 mg cholesterol, 348 mg sodium, 91 g carbohydrate, 3 g fiber, 9 g protein.

Tangerine-Glazed Turkey

8 oz. cooked turkey with 1/4 cup gravy equals 684 calories, 39 g fat (12 g saturated fat), 263 mg cholesterol, 359 mg sodium, 6 g carbohydrate, trace fiber, 73 g protein.

Thin Mint Wreaths

1 cookie (calculated without sprinkles) equals 92 calories, 5 g fat (3 g saturated fat), 6 mg cholesterol, 37 mg sodium, 12 g carbohydrate, trace fiber, 1 g protein.

Three-Cheese Creamed Spinach

2/3 cup equals 415 calories, 35 g fat (23 g saturated fat), 103 mg cholesterol, 685 mg sodium, 9 g carbohydrate, 3 g fiber, 15 g protein.

Tom Turkeys

Nutrition Facts do not apply.

Turkey Mushroom Sandwich Bowls

1 sandwich equals 884 calories, 55 g fat (27 g saturated fat), 238 mg cholesterol, 816 mg sodium, 40 g carbohydrate, 3 g fiber, 50 g protein.

Turkey Pinto Bean Salad with Southern Molasses Dressing

1 1/3 cups equals 379 calories, 7 g fat (1 g saturated fat), 60 mg cholesterol, 483 mg sodium, 49 g carbohydrate, 7 g fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 2 1/2 starch, 1 vegetable, 1 fat.

Turkey Puffs with Cranberry Cabernet Sauce

1 filled pastry with 3 tablespoons sauce equals 1,037 calories, 53 g fat (19 g saturated fat), 144 mg cholesterol, 1,295 mg sodium, 103 g carbohydrate, 12 g fiber, 31 g protein.

Turkey Sandwich with Pineapple Salsa

1 slice equals 666 calories, 33 g fat (8 g saturated fat), 83 mg cholesterol, 848 mg sodium, 52 g carbohydrate, 3 g fiber, 39 g protein.

Turkey Spinach Salad with Cranberry-Raspberry Dressing

1 serving equals 416 calories, 26 g fat (4 g saturated fat), 40 mg cholesterol, 203 mg sodium, 33 g carbohydrate, 5 g fiber, 17 g protein.

Wilted Spinach Salad with Butternut Squash

1 serving equals 228 calories, 12 g fat (3 g saturated fat), 12 mg cholesterol, 382 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g protein.

Winter White Filling or Frosting

2 tablespoons equals 83 calories, 7 g fat (4 g saturated fat), 15 mg cholesterol, 44 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein.

Zucchini Stuffing

3/4 cup equals 182 calories, 10 g fat (6 g saturated fat), 58 mg cholesterol, 408 mg sodium, 20 g carbohydrate, 2 g fiber, 5 g protein.

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.