

Almond-Chocolate Crescents

1 roll equals 233 calories, 14 g fat (5 g saturated fat), 0 cholesterol, 225 mg sodium, 24 g carbohydrate, 1 g fiber, 3 g protein.

Apple Orchard Pork Roast

6 oz. cooked pork with 1/2 cup fruit mixture and 2 Tbsp. sauce equals 359 calories, 15 g fat (7 g saturated fat), 105 mg cholesterol, 506 mg sodium, 21 g carbohydrate, 3 g fiber, 34 g protein.

Apple, Blue Cheese & Bibb Salad

3/4 cup equals 277 calories, 23 g fat (5 g saturated fat), 10 mg cholesterol, 259 mg sodium, 17 g carbohydrate, 2 g fiber, 5 g protein.

Autumn Beans

3/4 cup equals 434 calories, 28 g fat (10 g saturated fat), 38 mg cholesterol, 808 mg sodium, 38 g carbohydrate, 7 g fiber, 10 g protein.

Banana Pecan Loaf

1 slice with 4-1/2 tsp. spread equals 275 calories, 14 g fat (7 g saturated fat), 57 mg cholesterol, 223 mg sodium, 35 g carbohydrate, 1 g fiber, 4 g protein.

Beer and Brats Nachos

1 serving equals 348 calories, 24 g fat (10 g saturated fat), 54 mg cholesterol, 544 mg sodium, 20 g carbohydrate, 1 g fiber, 13 g protein.

Bite-Size Apple Pies

1 serving equals 163 calories, 9 g fat (4 g saturated fat), 10 mg cholesterol, 108 mg sodium, 21 g carbohydrate, trace fiber, 1 g protein.

Black & White Spider Cookies

1 cookie equals 215 calories, 3 g fat (2 g saturated fat), 14 mg cholesterol, 120 mg sodium, 48 g carbohydrate, trace fiber, 1 g protein.

Body Cubes

1 gelatin cube equals 16 calories, 0 fat (0 saturated fat), 0 cholesterol, 2 mg sodium, 3 g carbohydrate, 0 fiber, trace protein.

Bones & Blood

1 bone with 2 tsp. sauce equals 78 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 14 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein.

Brittany's Breakfast Bites

1 roll equals 164 calories, 10 g fat (4 g saturated fat), 63 mg cholesterol, 385 mg sodium, 11 g carbohydrate, 0 fiber, 6 g protein.

Brown Bag Burritos

1 burrito (calculated without toppings) equals 462 calories, 18 g fat (8 g saturated fat), 58 mg cholesterol, 867 mg sodium, 43 g carbohydrate, 10 g fiber, 24 g protein.

Buffalo Sloppy Joes

1 sandwich equals 279 calories, 3 g fat (trace saturated fat), 45 mg cholesterol, 475 mg sodium, 30 g carbohydrate, 2 g fiber, 33 g protein. **Diabetic Exchanges:** 4 lean meat, 2 starch.

Cappuccino Brownies

1 brownie equals 353 calories, 25 g fat (13 g saturated fat), 78 mg cholesterol, 158 mg sodium, 33 g carbohydrate, 2 g fiber, 4 g protein.

Chicken & Dumplings

1 serving equals 576 calories, 24 g fat (9 g saturated fat), 189 mg cholesterol, 1,398 mg sodium, 44 g carbohydrate, 3 g fiber, 44 g protein.

Chicken Creole

1 cup equals 189 calories, 5 g fat (1 g saturated fat), 63 mg cholesterol, 380 mg sodium, 10 g carbohydrate, 3 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1/2 fat.

Chili Corn Bread Wedges

1 wedge equals 165 calories, 4 g fat (1 g saturated fat), 34 mg cholesterol, 319 mg sodium, 29 g carbohydrate, 1 g fiber, 4 g protein.

Chunky Applesauce

1/2 cup equals 157 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 40 g carbohydrate, 3 g fiber, trace protein.

Creamy Chive Mashed Potatoes

3/4 cup equals 249 calories, 13 g fat (8 g saturated fat), 38 mg cholesterol, 838 mg sodium, 30 g carbohydrate, 2 g fiber, 5 g protein.

Crisp and Nutty Mix

1/2 cup equals 250 calories, 14 g fat (6 g saturated fat), 1 mg cholesterol, 157 mg sodium, 33 g carbohydrate, 3 g fiber, 6 g protein.

Crispy Baked Chicken

1 serving equals 766 calories, 48 g fat (22 g saturated fat), 216 mg cholesterol, 400 mg sodium, 28 g carbohydrate, 2 g fiber, 53 g protein.

Crumb Topped Apple Pie

1 piece equals 443 calories, 18 g fat (7 g saturated fat), 15 mg cholesterol, 189 mg sodium, 68 g carbohydrate, 3 g fiber, 4 g protein.

Crunchy Chocolate Mint Balls

1 ball equals 70 calories, 3 g fat (2 g saturated fat), 5 mg cholesterol, 33 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein.

Cupcake Mummy

Nutrition Facts do not apply.

Curried Cashews

1/3 cup equals 322 calories, 25 g fat (5 g saturated fat), 0 cholesterol, 298 mg sodium, 19 g carbohydrate, 2 g fiber, 8 g protein.

Dill Green Beans

3/4 cup (calculated without sesame seeds) equals 48 calories, trace fat (trace saturated fat), 0 cholesterol, 612 mg sodium, 10 g carbohydrate, 3 g fiber, 3 g protein.

Eyes-Wide-Open Espresso Cookies

1 cookie equals 71 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 44 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein.

Flaky Egg Bake

1 piece equals 484 calories, 30 g fat (17 g saturated fat), 183 mg cholesterol, 671 mg sodium, 37 g carbohydrate, 3 g fiber, 19 g protein.

French Apple Cake

1 slice (calculated without topping) equals 526 calories, 30 g fat (18 g saturated fat), 155 mg cholesterol, 230 mg sodium, 62 g carbohydrate, 2 g fiber, 5 g protein.

Grape Melon Medley

3/4 cup equals 130 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 33 g carbohydrate, 1 g fiber, 1 g protein.

Greek Honey Nut Pie

1 piece equals 845 calories, 59 g fat (17 g saturated fat), 60 mg cholesterol, 315 mg sodium, 72 g carbohydrate, 4 g fiber, 19 g protein.

Greek Spice Cake

1 slice equals 504 calories, 29 g fat (3 g saturated fat), 54 mg cholesterol, 346 mg sodium, 57 g carbohydrate, 2 g fiber, 6 g protein.

Grilled Apple Pizza

1 piece equals 271 calories, 8 g fat (4 g saturated fat), 15 mg cholesterol, 372 mg sodium, 47 g carbohydrate, 2 g fiber, 4 g protein.

Homemade Pierogies

4 pierogies equals 372 calories, 22 g fat (13 g saturated fat), 91 mg cholesterol, 361 mg sodium, 39 g carbohydrate, 2 g fiber, 7 g protein.

Honey-Moon Rolls

1 roll equals 200 calories, 13 g fat (5 g saturated fat), 16 mg cholesterol, 265 mg sodium, 18 g carbohydrate, trace fiber, 4 g protein.

Islander Nachos

1 serving equals 296 calories, 15 g fat (8 g saturated fat), 16 mg cholesterol, 193 mg sodium, 39 g carbohydrate, 2 g fiber, 4 g protein.

Italian Sausage Minestrone

1 cup (calculated without cheese) equals 280 calories, 15 g fat (4 g saturated fat), 27 mg cholesterol, 828 mg sodium, 25 g carbohydrate, 4 g fiber, 12 g protein.

Italian Sausage Quiche

1 piece equals 528 calories, 42 g fat (21 g saturated fat), 217 mg cholesterol, 702 mg sodium, 21 g carbohydrate, trace fiber, 17 g protein.

Leah's Party Popcorn

1/2 cup (calculated without potato sticks) equals 184 calories, 14 g fat (2 g saturated fat), 0 cholesterol, 299 mg sodium, 11 g carbohydrate, 2 g fiber, 6 g protein.

Lemon Dijon Dressing

2 Tbsp. equals 94 calories, 6 g fat (trace saturated fat), 0 cholesterol, 165 mg sodium, 11 g carbohydrate, trace fiber, trace protein.

Lone Star Chicken Enchiladas

2 enchiladas equals 897 calories, 65 g fat (37 g saturated fat), 270 mg cholesterol, 1,437 mg sodium, 36 g carbohydrate, 4 g fiber, 45 g protein.

Mediterranean Nachos

1 serving equals 253 calories, 12 g fat (5 g saturated fat), 37 mg cholesterol, 628 mg sodium, 23 g carbohydrate, 2 g fiber, 12 g protein.

Mixed Nut 'n' Fig Pie

1 piece equals 749 calories, 40 g fat (17 g saturated fat), 148 mg cholesterol, 321 mg sodium, 95 g carbohydrate, 4 g fiber, 9 g protein.

Mom's Italian Beef Sandwiches

1 sandwich (calculated without cheese and giardiniera) equals 450 calories, 16 g fat (5 g saturated fat), 89 mg cholesterol, 969 mg sodium, 39 g carbohydrate, 1 g fiber, 37 g protein.

Mushroom Beef Stew

1 cup (calculated without egg noodles) equals 298 calories, 16 g fat (5 g saturated fat), 68 mg cholesterol, 780 mg sodium, 14 g carbohydrate, 2 g fiber, 25 g protein.

Nuts and Seeds Trail Mix

1/3 cup equals 336 calories, 25 g fat (6 g saturated fat), 0 cholesterol, 96 mg sodium, 22 g carbohydrate, 4 g fiber, 11 g protein.

Nutty Caramel Ice Cream Cake

1 slice equals 410 calories, 28 g fat (11 g saturated fat), 37 mg cholesterol, 232 mg sodium, 36 g carbohydrate, 1 g fiber, 5 g protein.

Nutty Cranberry Sticky Buns

1 bun equals 237 calories, 14 g fat (3 g saturated fat), 7 mg cholesterol, 219 mg sodium, 26 g carbohydrate, 1 g fiber, 3 g protein.

Peanut Butter Cereal Treats

1 piece equals 147 calories, 5 g fat (3 g saturated fat), 6 mg cholesterol, 97 mg sodium, 24 g carbohydrate, 1 g fiber, 2 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

Pumpkin Butter Pinwheels

1 slice equals 443 calories, 20 g fat (6 g saturated fat), 0 cholesterol, 576 mg sodium, 60 g carbohydrate, 0 fiber, 4 g protein.

Raspberry Cheese Danish

1 serving equals 257 calories, 11 g fat (5 g saturated fat), 16 mg cholesterol, 272 mg sodium, 36 g carbohydrate, 0 fiber, 4 g protein.

Refried Bean-Taco Pizza

1 slice equals 420 calories, 17 g fat (8 g saturated fat), 62 mg cholesterol, 1,051 mg sodium, 39 g carbohydrate, 5 g fiber, 28 g protein.

Roasted Tomato Soup

1 cup equals 276 calories, 22 g fat (6 g saturated fat), 27 mg cholesterol, 421 mg sodium, 19 g carbohydrate, 5 g fiber, 4 g protein.

Sausage Breakfast Pockets

1 pocket equals 380 calories, 26 g fat (11 g saturated fat), 41 mg cholesterol, 690 mg sodium, 24 g carbohydrate, trace fiber, 10 g protein.

Sicilian Nachos

1 serving equals 212 calories, 12 g fat (4 g saturated fat), 28 mg cholesterol, 455 mg sodium, 14 g carbohydrate, 1 g fiber, 10 g protein.

Speedy Salsa

1/4 cup equals 20 calories, trace fat (0 saturated fat), 0 cholesterol, 159 mg sodium, 5 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 1 Free food.

Twice-Baked Breakfast Potatoes

1 stuffed potato half (calculated without additional sour cream) equals 354 calories, 18 g fat (8 g saturated fat), 146 mg cholesterol, 562 mg sodium, 35 g carbohydrate, 3 g fiber, 14 g protein.

Two-Chip Chocolate Chippers

1 cookie (calculated without pecans) equals 109 calories, 6 g fat (3 g saturated fat), 12 mg cholesterol, 76 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g protein.

Velvety Chocolate Butter Pecan Pie

1 piece equals 784 calories, 49 g fat (18 g saturated fat), 138 mg cholesterol, 493 mg sodium, 88 g carbohydrate, 4 g fiber, 8 g protein.

Witches' Brew

1 cup (calculated without vodka) equals 253 calories, 1 g fat (trace saturated fat), 0 cholesterol, 17 mg sodium, 64 g carbohydrate, 4 g fiber, 1 g protein.

Witch's Broom

1 broom equals 106 calories, trace fat (0 saturated fat), 0 cholesterol, 142 mg sodium, 24 g carbohydrate, trace fiber, 1 g protein.

Wonton Pot Stickers with Soy Reduction

1 pot sticker with 3/4 tsp. sauce equals 62 calories, 3 g fat (1 g saturated fat), 7 mg cholesterol, 122 mg sodium, 6 g carbohydrate, trace fiber, 3 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.