

## APRICOT-GLAZED PORK TENDERLOIN

4 oz. cooked pork equals 350 calories, 10 g fat (2 g saturated fat), 84 mg cholesterol, 338 mg sodium, 35 g carbohydrate, trace fiber, 30 g protein. Diabetic Exchanges: 4 lean meat, 2 starch, 1/2 fat.

## ARTICHOKE HEARTS ROMANO

1 piece with 4 tsp. sauce equals 69 calories, 4 g fat (trace saturated fat), 9 mg cholesterol, 101 mg sodium, 7 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1 fat.

## BACON BAKLAVA

1 piece equals 235 calories, 13 g fat (5 g saturated fat), 29 mg cholesterol, 485 mg sodium, 22 g carbohydrate, 1 g fiber, 8 g protein.

## BACON BLUE CHEESE APPETIZER

1 oz. (calculated without crackers) equals 121 calories, 9 g fat (6 g saturated fat), 24 mg cholesterol, 450 mg sodium, 3 g carbohydrate, trace fiber, 7 g protein.

## BACON POTATO WAFFLES

2 waffles (calculated without syrup and bacon) equals 318 calories, 18 g fat (3 g saturated fat), 83 mg cholesterol, 614 mg sodium, 32 g carbohydrate, 1 g fiber, 8 g protein.

## BACON SCONES

1 scone equals 242 calories, 13 g fat (7 g saturated fat), 85 mg cholesterol, 475 mg sodium, 23 g carbohydrate, 1 g fiber, 8 g protein.

## BASIL, FETA & ROASTED PEPPER MUFFINS

1 muffin equals 258 calories, 11 g fat (3 g saturated fat), 38 mg cholesterol, 600 mg sodium, 30 g carbohydrate, 1 g fiber, 8 g protein.

## BEAN & BARLEY SALAD

3/4 cup equals 246 calories, 14 g fat (2 g saturated fat), 0 cholesterol, 350 mg sodium, 24 g carbohydrate, 6 g fiber, 6 g protein.

## BLACK & GREEN OLIVE PESTO

2 Tbsp. (calculated without crackers) equals 43 calories, 4 g fat (1 g saturated fat), 2 mg cholesterol, 224 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchange: 1 fat.

## BROCCOLI-HAM MACARONI

1-1/3 cups equals 389 calories, 16 g fat (10 g saturated fat), 57 mg cholesterol, 734 mg sodium, 39 g carbohydrate, 3 g fiber, 27 g protein.

## CANDIED FRUIT PLATTER

Nutrition Facts do not apply.

## CANDY EXPLOSION CAKE

Nutrition Facts do not apply.

## CAPPUCCINO GRANITA

1 serving equals 156 calories, 7 g fat (1 g saturated fat), 1 mg cholesterol, 27 mg sodium, 23 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 1-1/2 starch, 1/2 fat.

## CASSOULET FOR TODAY

1 serving equals 386 calories, 13 g fat (3 g saturated fat), 91 mg cholesterol, 694 mg sodium, 29 g carbohydrate, 8 g fiber, 32 g protein.

## CHICKEN & VEGETABLE STIR-FRY

1 cup stir-fry with 1/2 cup rice equals 297 calories, 8 g fat (1 g saturated fat), 50 mg cholesterol, 670 mg sodium, 32 g carbohydrate, 3 g fiber, 23 g protein. Diabetic Exchanges: 2 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

## CHICKEN CORDON BLEU PIZZA

1 piece equals 460 calories, 21 g fat (9 g saturated fat), 70 mg cholesterol, 1,337 mg sodium, 39 g carbohydrate, 1 g fiber, 28 g protein.

## CHICKEN FLORENTINE MEATBALLS

3 meatballs with sauce and 2/3 cup squash equals 303 calories, 12 g fat (3 g saturated fat), 123 mg cholesterol, 617 mg sodium, 31 g carbohydrate, 7 g fiber, 22 g protein.

## CHOCOLATE LOVER'S DELIGHT CAKE

1 slice equals 512 calories, 28 g fat (12 g saturated fat), 90 mg cholesterol, 149 mg sodium, 58 g carbohydrate, 2 g fiber, 6 g protein.

## CHOCOLATE MALT DESSERTS

1 serving equals 239 calories, 5 g fat (3 g saturated fat), 2 mg cholesterol, 87 mg sodium, 45 g carbohydrate, 1 g fiber, 6 g protein.

## CHOCOLATE PEANUT BUTTER CANDY

1 piece equals 517 calories, 29 g fat (15 g saturated fat), 25 mg cholesterol, 361 mg sodium, 61 g carbohydrate, 2 g fiber, 7 g protein.

## CHOCOLATE-COVERED BACON

1 bacon strip (calculated without toppings) equals 212 calories, 14 g fat (8 g saturated fat), 10 mg cholesterol, 252 mg sodium, 19 g carbohydrate, 1 g fiber, 5 g protein.

## CILANTRO PESTO

2 Tbsp. (calculated without shrimp) equals 152 calories, 16 g fat (2 g saturated fat), 2 mg cholesterol, 40 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein.

## CLASSIC PESTO

2 Tbsp. equals 196 calories, 19 g fat (3 g saturated fat), 4 mg cholesterol, 152 mg sodium, 3 g carbohydrate, 1 g fiber, 5 g protein.

## COFFEE BARBECUE SAUCE

1 serving (2 Tbsp.) equals 55 calories, 1 g fat (trace saturated fat), 0 cholesterol, 321 mg sodium, 12 g carbohydrate, trace fiber, trace protein.

## COFFEE TOFFEE CHEESECAKE

1 slice equals 716 calories, 48 g fat (29 g saturated fat), 165 mg cholesterol, 445 mg sodium, 64 g carbohydrate, 2 g fiber, 10 g protein.

## COFFEE-MOLASSES MARINATED PORK CHOPS

1 pork chop with 2 Tbsp. glaze equals 370 calories, 18 g fat (7 g saturated fat), 111 mg cholesterol, 415 mg sodium, 12 g carbohydrate, trace fiber, 36 g protein.

## COFFEE-NUT MUFFINS

1 muffin equals 565 calories, 26 g fat (2 g saturated fat), 35 mg cholesterol, 560 mg sodium, 78 g carbohydrate, 2 g fiber, 8 g protein.

## CREAMY PASTA PRIMAVERA

1-1/3 cups equals 275 calories, 12 g fat (6 g saturated fat), 33 mg cholesterol, 141 mg sodium, 35 g carbohydrate, 3 g fiber, 10 g protein. Diabetic Exchanges: 2 starch, 2 fat, 1 vegetable.

## CREATIVE CAKE

Nutrition Facts do not apply.

## CURRIED CHICKEN SALAD

1 cup equals 323 calories, 7 g fat (1 g saturated fat), 81 mg cholesterol, 477 mg sodium, 30 g carbohydrate, 3 g fiber, 36 g protein. Diabetic Exchanges: 4 lean meat, 1 starch, 1/2 fruit, 1/2 fat.

## EASY ENCHILADAS

1 serving equals 449 calories, 25 g fat (14 g saturated fat), 96 mg cholesterol, 730 mg sodium, 31 g carbohydrate, trace fiber, 24 g protein.

## FISH TACOS WITH AVOCADO SAUCE

2 tacos equals 545 calories, 27 g fat (3 g saturated fat), 44 mg cholesterol, 732 mg sodium, 44 g carbohydrate, 7 g fiber, 34 g protein.

## FISH WITH FENNEL

1 fillet with 1/4 cup fennel equals 285 calories, 8 g fat (1 g saturated fat), 80 mg cholesterol, 276 mg sodium, 7 g carbohydrate, 3 g fiber, 46 g protein. Diabetic Exchanges: 6 lean meat, 1 vegetable, 1 fat.

## FROTHY MEXI-MOCHA COFFEE

1 cup equals 392 calories, 12 g fat (7 g saturated fat), 15 mg cholesterol, 37 mg sodium, 71 g carbohydrate, 2 g fiber, 3 g protein.

## GENROSE'S STUFFED BEEF TENDERLOIN

4 oz. cooked beef equals 253 calories, 10 g fat (4 g saturated fat), 66 mg cholesterol, 220 mg sodium, 6 g carbohydrate, 1 g fiber, 32 g protein. Diabetic Exchanges: 4 lean meat, 1/2 starch.

## GIANT FLAN

1 serving equals 315 calories, 7 g fat (3 g saturated fat), 169 mg cholesterol, 243 mg sodium, 55 g carbohydrate, 0 fiber, 8 g protein.

## GREEK CHICKEN PASTA

1-1/3 cups equals 556 calories, 30 g fat (12 g saturated fat), 111 mg cholesterol, 916 mg sodium, 36 g carbohydrate, 3 g fiber, 35 g protein.

## GRILLED STUFFED TURKEY BURGERS

1 burger equals 325 calories, 13 g fat (4 g saturated fat), 96 mg cholesterol, 674 mg sodium, 25 g carbohydrate, 4 g fiber, 27 g protein.

## HOMEMADE CROUTONS

1/3 cup equals 110 calories, 4 g fat (1 g saturated fat), 4 mg cholesterol, 336 mg sodium, 16 g carbohydrate, 1 g fiber, 3 g protein.

## HOMEMADE GUACAMOLE

1/4 cup equals 111 calories, 10 g fat (1 g saturated fat), 0 cholesterol, 43 mg sodium, 6 g carbohydrate, 5 g fiber, 1 g protein.

## HONEY-ORANGE RICE PUDDING

3/4 cup equals 435 calories, 9 g fat (3 g saturated fat), 16 mg cholesterol, 299 mg sodium, 79 g carbohydrate, 2 g fiber, 12 g protein.

## ISLAND VACATION PARTY MIX

3/4 cup equals 407 calories, 31 g fat (9 g saturated fat), 9 mg cholesterol, 209 mg sodium, 33 g carbohydrate, 3 g fiber, 4 g protein.

## KIDS' FAVORITE BLUEBERRY MUFFINS

1 muffin equals 173 calories, 6 g fat (1 g saturated fat), 18 mg cholesterol, 312 mg sodium, 28 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchanges: 2 starch, 1 fat.

## LAVENDER LEMONADE

1 cup equals 139 calories, 0 fat (0 saturated fat), 0 cholesterol, trace sodium, 37 g carbohydrate, trace fiber, trace protein.

### LAYERED TACO SALAD

1 cup (calculated without chips) equals 289 calories, 21 g fat (11 g saturated fat), 65 mg cholesterol, 559 mg sodium, 11 g carbohydrate, 3 g fiber, 13 g protein.

### LEMON DELIGHT TRIFLE

1 cup equals 476 calories, 26 g fat (16 g saturated fat), 46 mg cholesterol, 479 mg sodium, 54 g carbohydrate, 0 fiber, 5 g protein.

### LIGHT SOUR CREAM COFFEE CAKE

1 piece equals 210 calories, 7 g fat (4 g saturated fat), 40 mg cholesterol, 140 mg sodium, 33 g carbohydrate, trace fiber, 3 g protein. Diabetic Exchanges: 2 starch, 1 fat.

### MEATBALL SUB CASSEROLE

1 serving equals 641 calories, 39 g fat (15 g saturated fat), 94 mg cholesterol, 1,234 mg sodium, 43 g carbohydrate, 3 g fiber, 29 g protein.

### MOM'S FRIED RICE

1-1/2 cups equals 368 calories, 15 g fat (5 g saturated fat), 73 mg cholesterol, 984 mg sodium, 44 g carbohydrate, 4 g fiber, 14 g protein.

### MUSHROOM LASAGNA

1 piece equals 230 calories, 11 g fat (5 g saturated fat), 25 mg cholesterol, 279 mg sodium, 23 g carbohydrate, 3 g fiber, 10 g protein. Diabetic Exchanges: 2 fat, 1 starch, 1 lean meat, 1 vegetable.

### NEW ENGLAND BAKED BEANS

2/3 cup equals 385 calories, 5 g fat (2 g saturated fat), 7 mg cholesterol, 810 mg sodium, 77 g carbohydrate, 8 g fiber, 11 g protein.

### PAD THAI PIZZA

1 piece equals 376 calories, 16 g fat (5 g saturated fat), 52 mg cholesterol, 724 mg sodium, 32 g carbohydrate, 2 g fiber, 26 g protein.

### PEANUT BUTTER BROWNIE TRIFLE

1 cup equals 680 calories, 38 g fat (15 g saturated fat), 28 mg cholesterol, 547 mg sodium, 73 g carbohydrate, 3 g fiber, 13 g protein.

### PHILLY CHEESE FAKES

1 sandwich equals 344 calories, 12 g fat (4 g saturated fat), 10 mg cholesterol, 681 mg sodium, 47 g carbohydrate, 4 g fiber, 17 g protein.

### POBLANO PESTO

2 Tbsp. equals 125 calories, 13 g fat (2 g saturated fat), 2 mg cholesterol, 150 mg sodium, 2 g carbohydrate, 1 g fiber, 2 g protein.

### POTATO & RED ONION FRITTATA

1 wedge equals 326 calories, 23 g fat (12 g saturated fat), 361 mg cholesterol, 531 mg sodium, 15 g carbohydrate, 2 g fiber, 16 g protein.

### PRETTY STUFFED SPRING PEAS

1 appetizer equals 23 calories, 2 g fat (1 g saturated fat), 7 mg cholesterol, 22 mg sodium, trace carbohydrate, trace fiber, 1 g protein. Diabetic Exchange: 1/2 fat.

### RHUBARB CAKE WITH LEMON SAUCE

1 piece with 2 Tbsp. sauce equals 408 calories, 17 g fat (10 g saturated fat), 76 mg cholesterol, 330 mg sodium, 61 g carbohydrate, 1 g fiber, 5 g protein.

### SENSATIONAL TIRAMISU

1 piece equals 223 calories, 7 g fat (4 g saturated fat), 62 mg cholesterol, 127 mg sodium, 34 g carbohydrate, trace fiber, 5 g protein. Diabetic Exchanges: 2 starch, 1 fat.

### SESAME GREEN BEANS

3/4 cup equals 98 calories, 6 g fat (trace saturated fat), 0 cholesterol, 315 mg sodium, 10 g carbohydrate, 4 g fiber, 3 g protein. Diabetic Exchanges: 2 vegetable, 1 fat.

### SHRIMP & SHIITAKE STIR-FRY WITH CRISPY NOODLES

1 cup stir-fry with 1 Tbsp. chow mein noodles (calculated without rice) equals 238 calories, 10 g fat (1 g saturated fat), 139 mg cholesterol, 710 mg sodium, 15 g carbohydrate, 3 g fiber, 24 g protein. Diabetic Exchanges: 3 lean meat, 2 vegetable, 1 fat.

### SOUTHWEST CHICKEN SALAD

1/2 cup chicken salad (calculated without serving suggestions) equals 166 calories, 7 g fat (1 g saturated fat), 42 mg cholesterol, 316 mg sodium, 10 g carbohydrate, 1 g fiber, 15 g protein. Diabetic Exchanges: 2 lean meat, 1/2 starch, 1/2 fat.

### SPICED PINEAPPLE COOLER

3/4 cup equals 119 calories, trace fat (trace saturated fat), 0 cholesterol, 4 mg sodium, 29 g carbohydrate, trace fiber, 1 g protein.

### SPICY BLACK BEAN SOUP

3/4 cup equals 150 calories, 3 g fat (1 g saturated fat), 4 mg cholesterol, 667 mg sodium, 23 g carbohydrate, 5 g fiber, 7 g protein.

### STEAK & NEW POTATO TOSS

1-1/2 cups equals 411 calories, 21 g fat (5 g saturated fat), 79 mg cholesterol, 83 mg sodium, 24 g carbohydrate, 4 g fiber, 31 g protein.

### STRAWBERRY-RHUBARB MERINGUE PIE

1 piece equals 255 calories, 8 g fat (4 g saturated fat), 41 mg cholesterol, 219 mg sodium, 42 g carbohydrate, 2 g fiber, 5 g protein.

### SUN-DRIED TOMATO HUMMUS

1/4 cup (calculated without chips) equals 113 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 201 mg sodium, 13 g carbohydrate, 3 g fiber, 3 g protein.

### TROPICAL FUSION SALAD WITH SPICY TORTILLA RIBBONS

1-1/4 cups salad with about 10 tortilla ribbons equals 321 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 380 mg sodium, 58 g carbohydrate, 11 g fiber, 9 g protein.

### WHITE CHILI

1 cup equals 336 calories, 15 g fat (9 g saturated fat), 69 mg cholesterol, 772 mg sodium, 27 g carbohydrate, 7 g fiber, 24 g protein.

### HOW WE CALCULATE NUTRITION FACTS

When a choice of ingredients is given in a recipe (such as 1/3 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.