

ALMOND RICE PILAF

3/4 cup equals 185 calories, 5 g fat (trace saturated fat), 2 mg cholesterol, 331 mg sodium, 30 g carbohydrate, 2 g fiber, 5 g protein. Diabetic Exchanges: 1-1/2 starch, 1 fat.

APPLE & BLACKBERRY PIE

1 piece equals 515 calories, 21 g fat (10 g saturated fat), 27 mg cholesterol, 243 mg sodium, 82 g carbohydrate, 5 g fiber, 3 g protein.

APPLE BRAN MUFFINS

1 muffin equals 220 calories, 9 g fat (1 g saturated fat), 36 mg cholesterol, 200 mg sodium, 32 g carbohydrate, 4 g fiber, 6 g protein.

APRICOT TURKEY PINWHEELS

1 pinwheel equals 108 calories, 5 g fat (2 g saturated fat), 6 mg cholesterol, 135 mg sodium, 12 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1/2 fat.

BACON-BLUE CHEESE STUFFED BURGERS

1 burger equals 701 calories, 43 g fat (15 g saturated fat), 149 mg cholesterol, 1,280 mg sodium, 31 g carbohydrate, 5 g fiber, 48 g protein.

BACON-WRAPPED BREADSTICKS

1 breadstick equals 189 calories, 12 g fat (5 g saturated fat), 18 mg cholesterol, 425 mg sodium, 13 g carbohydrate, trace fiber, 6 g protein.

BARBECUED PORK SANDWICHES

1 sandwich equals 414 calories, 11 g fat (4 g saturated fat), 79 mg cholesterol, 570 mg sodium, 46 g carbohydrate, 2 g fiber, 30 g protein.

BASIL BUTTERED BEANS

1 serving equals 49 calories, 1 g fat (1 g saturated fat), 5 mg cholesterol, 159 mg sodium, 7 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1/2 fat.

BBQ CHICKEN BAKED POTATOES

1 potato with 3/4 cup chicken mixture (calculated without optional ingredients) equals 572 calories, 13 g fat (2 g saturated fat), 91 mg cholesterol, 1,050 mg sodium, 72 g carbohydrate, 4 g fiber, 38 g protein.

BLUE CHEESE AND BACON STUFFED MUSHROOMS

1 stuffed mushroom equals 55 calories, 4 g fat (2 g saturated fat), 13 mg cholesterol, 236 mg sodium, 2 g carbohydrate, trace fiber, 4 g protein. Diabetic Exchange: 1 fat.

BLUEBERRY DREAM PIE

1 piece equals 442 calories, 18 g fat (8 g saturated fat), 46 mg cholesterol, 269 mg sodium, 67 g carbohydrate, 3 g fiber, 5 g protein.

BLUEBERRY FRUIT DIP

2 Tbsp. (calculated without fruit, crackers and cookies) equals 84 calories, 5 g fat (3 g saturated fat), 16 mg cholesterol, 42 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

BUTTERHORNS

1 roll equals 128 calories, 4 g fat (3 g saturated fat), 19 mg cholesterol, 107 mg sodium, 19 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1 fat.

CAMPERS' COLESLAW

3/4 cup equals 121 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 274 mg sodium, 17 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

CASHEW CURRIED BEEF

1-1/4 cups (calculated without rice) equals 469 calories, 35 g fat (18 g saturated fat), 37 mg cholesterol, 873 mg sodium, 16 g carbohydrate, 3 g fiber, 27 g protein.

CHEESECAKE BROWNIES

1 piece equals 202 calories, 12 g fat (4 g saturated fat), 34 mg cholesterol, 131 mg sodium, 22 g carbohydrate, trace fiber, 2 g protein.

CHEESY CAULIFLOWER SOUP

1 cup equals 209 calories, 13 g fat (9 g saturated fat), 56 mg cholesterol, 730 mg sodium, 12 g carbohydrate, 4 g fiber, 10 g protein.

CHERRY-BERRY STREUSEL PIE

1 piece equals 769 calories, 38 g fat (21 g saturated fat), 76 mg cholesterol, 659 mg sodium, 103 g carbohydrate, 4 g fiber, 6 g protein.

CHICKEN CONTINENTAL

1 chicken breast half with 3/4 cup mushroom mixture and 1/2 cup rice equals 354 calories, 8 g fat (2 g saturated fat), 78 mg cholesterol, 265 mg sodium, 35 g carbohydrate, 4 g fiber, 35 g protein. Diabetic Exchanges: 4 very lean meat, 2 starch, 1 vegetable, 1/2 fat.

CHICKEN MOLE OLE

1 serving equals 494 calories, 25 g fat (10 g saturated fat), 126 mg cholesterol, 671 mg sodium, 21 g carbohydrate, 7 g fiber, 49 g protein.

CHOCOLATE MINT APPLE FONDUE

1/4 cup (calculated without apples) equals 273 calories, 10 g fat (6 g saturated fat), 14 mg cholesterol, 57 mg sodium, 46 g carbohydrate, 1 g fiber, 4 g protein.

COCONUT MACAROONS

1 cookie equals 110 calories, 6 g fat (5 g saturated fat), 4 mg cholesterol, 65 mg sodium, 14 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 1 starch, 1 fat.

COWBOY CASSEROLE

1 serving equals 714 calories, 38 g fat (15 g saturated fat), 120 mg cholesterol, 1,675 mg sodium, 56 g carbohydrate, 6 g fiber, 37 g protein.

CREAM PUFF CAKE

1 piece equals 288 calories, 16 g fat (11 g saturated fat), 92 mg cholesterol, 397 mg sodium, 30 g carbohydrate, trace fiber, 5 g protein.

CRISSCROSS APPLE CROWNS

1 serving equals 333 calories, 14 g fat (3 g saturated fat), 3 mg cholesterol, 607 mg sodium, 49 g carbohydrate, 2 g fiber, 5 g protein.

DAD'S BAKED BEANS

3/4 cup equals 344 calories, 9 g fat (4 g saturated fat), 16 mg cholesterol, 1,322 mg sodium, 55 g carbohydrate, 8 g fiber, 11 g protein.

DELI BEEF HEROEES

1 slice equals 459 calories, 25 g fat (7 g saturated fat), 43 mg cholesterol, 1,000 mg sodium, 45 g carbohydrate, 3 g fiber, 15 g protein.

EASY GARDEN TOMATOES

1 serving equals 184 calories, 16 g fat (3 g saturated fat), 8 mg cholesterol, 234 mg sodium, 8 g carbohydrate, 2 g fiber, 4 g protein.

FIESTA TUNA SALAD SANDWICHES

1 slice equals 451 calories, 18 g fat (6 g saturated fat), 64 mg cholesterol, 920 mg sodium, 46 g carbohydrate, 3 g fiber, 30 g protein.

FIRE ISLAND ZITI

1-1/2 cups pasta with about 1 Tbsp. cheese equals 477 calories, 25 g fat (8 g saturated fat), 48 mg cholesterol, 1,122 mg sodium, 44 g carbohydrate, 5 g fiber, 23 g protein.

FIVE-FRUIT PIE

1 piece equals 434 calories, 13 g fat (3 g saturated fat), 26 mg cholesterol, 158 mg sodium, 75 g carbohydrate, 3 g fiber, 5 g protein.

GRILLED POTATO & ARUGULA SALAD

1 cup equals 116 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 535 mg sodium, 20 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1/2 fat.

GRILLED VEGETABLE SANDWICHES

1 sandwich equals 773 calories, 37 g fat (15 g saturated fat), 65 mg cholesterol, 1,441 mg sodium, 82 g carbohydrate, 7 g fiber, 29 g protein.

HAMBURGER NOODLE BAKE

2 cups equals 527 calories, 25 g fat (13 g saturated fat), 148 mg cholesterol, 1,129 mg sodium, 37 g carbohydrate, 3 g fiber, 37 g protein.

HEARTY MACARONI CASSEROLE

Cheese-topped casserole: 1 cup equals 445 calories, 27 g fat (16 g saturated fat), 107 mg cholesterol, 753 mg sodium, 25 g carbohydrate, 1 g fiber, 26 g protein. Onion-topped casserole: 1 cup equals 410 calories, 24 g fat (11 g saturated fat), 70 mg cholesterol, 660 mg sodium, 30 g carbohydrate, 1 g fiber, 19 g protein.

ITALIAN CUCUMBER SALAD

1 serving equals 106 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 341 mg sodium, 8 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1-1/2 fat, 1 vegetable.

JAMAICA-ME-CRAZY CHICKEN TROPICALE

1 serving (calculated without rice) equals 498 calories, 5 g fat (1 g saturated fat), 101 mg cholesterol, 619 mg sodium, 76 g carbohydrate, 7 g fiber, 40 g protein.

KIELBASA CHICKEN KABOBS

2 kabobs equals 376 calories, 20 g fat (7 g saturated fat), 101 mg cholesterol, 762 mg sodium, 17 g carbohydrate, 2 g fiber, 32 g protein.

LADYFINGER ICE CREAM CAKE

1 slice (calculated without whipped cream) equals 365 calories, 16 g fat (8 g saturated fat), 57 mg cholesterol, 148 mg sodium, 50 g carbohydrate, 1 g fiber, 6 g protein.

LOUISIANA RED BEANS AND RICE

1 cup (calculated without rice) equals 259 calories, 3 g fat (1 g saturated fat), 28 mg cholesterol, 937 mg sodium, 39 g carbohydrate, 11 g fiber, 21 g protein.

LUSCIOUS BLUEBERRY JAM

2 Tbsp. equals 95 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 25 g carbohydrate, trace fiber, trace protein.

MAC 'N' CHEESE SOUP

1 cup equals 263 calories, 9 g fat (4 g saturated fat), 28 mg cholesterol, 976 mg sodium, 32 g carbohydrate, 2 g fiber, 13 g protein.

MACARONI 'N' CHEESE PIZZA

1 slice equals 332 calories, 20 g fat (10 g saturated fat), 108 mg cholesterol, 723 mg sodium, 22 g carbohydrate, 1 g fiber, 17 g protein.

MAPLE-PECAN SNACK MIX

1 cup equals 323 calories, 16 g fat (5 g saturated fat), 10 mg cholesterol, 158 mg sodium, 46 g carbohydrate, 4 g fiber, 4 g protein.

MINI WHITE PIZZAS

1 mini pizza equals 214 calories, 14 g fat (4 g saturated fat), 16 mg cholesterol, 358 mg sodium, 13 g carbohydrate, 1 g fiber, 7 g protein.

MOM'S GINGERED APPLE SALAD

3/4 cup equals 213 calories, 7 g fat (1 g saturated fat), 5 mg cholesterol, 161 mg sodium, 38 g carbohydrate, 4 g fiber, 2 g protein.

MONTEREY RANCH BREAD

1 serving equals 382 calories, 22 g fat (8 g saturated fat), 29 mg cholesterol, 700 mg sodium, 34 g carbohydrate, 1 g fiber, 14 g protein.

MUSHROOM PRIMAVERA PASTA SAUCE

3/4 cup (calculated without pasta and cheese) equals 85 calories, 2 g fat (trace saturated fat), 0 cholesterol, 321 mg sodium, 15 g carbohydrate, 4 g fiber, 4 g protein. Diabetic Exchange: 3 vegetable.

ONE-SKILLET PASTA

1-2/3 cups equals 621 calories, 28 g fat (11 g saturated fat), 118 mg cholesterol, 967 mg sodium, 58 g carbohydrate, 7 g fiber, 36 g protein.

PEANUT BUTTER DIPPING SAUCE

2 Tbsp. equals 80 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 281 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein.

PEAR MARMALADE

2 Tbsp. equals 101 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 26 g carbohydrate, trace fiber, trace protein.

PUMPKIN CRANBERRY BREAD PUDDING

1 serving with 8 tsp. sauce equals 469 calories, 23 g fat (12 g saturated fat), 166 mg cholesterol, 236 mg sodium, 58 g carbohydrate, 4 g fiber, 9 g protein.

RED CURRY CARROT SOUP

1-1/4 cups (calculated without optional garnishes) equals 572 calories, 38 g fat (22 g saturated fat), 26 mg cholesterol, 1,204 mg sodium, 43 g carbohydrate, 3 g fiber, 15 g protein.

SARA'S SUMMER ROLLS

1 summer roll equals 127 calories, 4 g fat (1 g saturated fat), 10 mg cholesterol, 283 mg sodium, 16 g carbohydrate, 1 g fiber, 8 g protein. Diabetic Exchanges: 1 starch, 1 lean meat.

SAVORY STUFFED FIGS

1 stuffed fig equals 80 calories, 2 g fat (1 g saturated fat), 3 mg cholesterol, 75 mg sodium, 13 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 fruit, 1/2 fat.

SEAFOOD & CREAM CHEESE STUFFED SHELLS

1 stuffed shell equals 116 calories, 6 g fat (3 g saturated fat), 40 mg cholesterol, 119 mg sodium, 8 g carbohydrate, trace fiber, 7 g protein.

SESAME-PEPPER FLANK STEAK

3 oz. cooked beef equals 197 calories, 9 g fat (4 g saturated fat), 54 mg cholesterol, 220 mg sodium, 5 g carbohydrate, trace fiber, 23 g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 fat.

SHRIMP AND SCALLOP COUSCOUS

1 cup seafood mixture (calculated without couscous) equals 201 calories, 9 g fat (1 g saturated fat), 88 mg cholesterol, 342 mg sodium, 11 g carbohydrate, 3 g fiber, 21 g protein. Diabetic Exchanges: 3 very lean meat, 1-1/2 fat, 1 vegetable.

SHRIMP PAD THAI

1-1/4 cups equals 306 calories, 7 g fat (1 g saturated fat), 122 mg cholesterol, 649 mg sodium, 45 g carbohydrate, 3 g fiber, 15 g protein.

SLOW COOKER BEEF STROGANOFF

1 cup (calculated without noodles) equals 418 calories, 25 g fat (12 g saturated fat), 100 mg cholesterol, 812 mg sodium, 10 g carbohydrate, 1 g fiber, 32 g protein.

SLOW COOKER BEEF WITH RED SAUCE

1 cup (calculated without mashed potatoes) equals 388 calories, 14 g fat (4 g saturated fat), 102 mg cholesterol, 685 mg sodium, 27 g carbohydrate, 3 g fiber, 36 g protein.

SLOW COOKER TAMALES

1-1/4 cups (calculated without sour cream) equals 392 calories, 16 g fat (7 g saturated fat), 107 mg cholesterol, 1,149 mg sodium, 41 g carbohydrate, 5 g fiber, 21 g protein.

SLOW-COOKED STUFFED APPLES

1 stuffed apple (calculated without optional ingredients) equals 256 calories, 11 g fat (4 g saturated fat), 15 mg cholesterol, 50 mg sodium, 43 g carbohydrate, 6 g fiber, 1 g protein.

SPICED CRAN-APPLE BRISKET

4 oz. cooked beef with 1/3 cup cooking juices equals 334 calories, 9 g fat (3 g saturated fat), 86 mg cholesterol, 208 mg sodium, 18 g carbohydrate, 1 g fiber, 42 g protein. Diabetic Exchanges: 6 lean meat, 1 starch.

SPICED PUDDING CAKE

1 piece (calculated without whipped cream) equals 287 calories, 10 g fat (6 g saturated fat), 38 mg cholesterol, 247 mg sodium, 48 g carbohydrate, 1 g fiber, 3 g protein.

STRAWBERRIES & CREAM PIE

1 piece equals 539 calories, 30 g fat (18 g saturated fat), 41 mg cholesterol, 213 mg sodium, 63 g carbohydrate, 2 g fiber, 5 g protein.

STRAWBERRY-KIWI JAM

2 Tbsp. equals 94 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 24 g carbohydrate, 1 g fiber, trace protein.

STREUSEL PEACH PIE

1 piece (calculated without whipped cream) equals 365 calories, 14 g fat (7 g saturated fat), 48 mg cholesterol, 146 mg sodium, 58 g carbohydrate, 2 g fiber, 4 g protein.

STUFFED ARTICHOKE BOTTOMS

1 appetizer equals 84 calories, 7 g fat (4 g saturated fat), 21 mg cholesterol, 166 mg sodium, 3 g carbohydrate, 1 g fiber, 3 g protein.

SUMMERTIME ORZO & CHICKEN

1-1/4 cups orzo mixture with 1 Tbsp. cheese equals 323 calories, 7 g fat (2 g saturated fat), 65 mg cholesterol, 742 mg sodium, 33 g carbohydrate, 2 g fiber, 30 g protein. Diabetic Exchanges: 3 lean meat, 2 starch, 1 vegetable, 1 fat.

SUPER LOW-FAT GRANOLA CEREAL

1/2 cup (calculated without milk) equals 246 calories, 3 g fat (trace saturated fat), 0 cholesterol, 143 mg sodium, 53 g carbohydrate, 4 g fiber, 6 g protein.

SWEET AND SPICY JERK RIBS

1 serving equals 1,082 calories, 61 g fat (21 g saturated fat), 220 mg cholesterol, 2,498 mg sodium, 77 g carbohydrate, trace fiber, 45 g protein.

TEXAS PORK BURRITOS

1 burrito equals 710 calories, 37 g fat (14 g saturated fat), 191 mg cholesterol, 1,270 mg sodium, 35 g carbohydrate, 2 g fiber, 56 g protein.

THAI PORTOBELLO CHICKEN STIR-FRY

1 cup (calculated without rice) equals 330 calories, 20 g fat (3 g saturated fat), 31 mg cholesterol, 1,328 mg sodium, 20 g carbohydrate, 4 g fiber, 20 g protein.

TOMATO TOSSED SALAD

1 serving equals 71 calories, 5 g fat (trace saturated fat), 0 cholesterol, 267 mg sodium, 6 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1 fat.

TUNA MAC AND CHEESE BAKE

1 cup equals 359 calories, 15 g fat (7 g saturated fat), 37 mg cholesterol, 976 mg sodium, 35 g carbohydrate, 3 g fiber, 20 g protein.

WAKE UP! BREAKFAST CASSEROLE

1 piece equals 364 calories, 22 g fat (9 g saturated fat), 213 mg cholesterol, 816 mg sodium, 19 g carbohydrate, 4 g fiber, 21 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.