

ALMOND-CRUSTED PORK LOIN

499 calories, 30 g fat (5.9 g saturated fat), 85 mg cholesterol, 140 mg sodium, 14 g carbohydrate, 6 g fiber, 46 g protein.

APRICOT ALMOND TORTE

1 slice equals 546 calories, 25 g fat (12 g saturated fat), 115 mg cholesterol, 284 mg sodium, 75 g carbohydrate, 2 g fiber, 8 g protein.

BEEF ROAST AU POIVRE WITH CARAMELIZED ONIONS

5 oz. cooked beef with 1/2 cup caramelized onions equals 367 calories, 18 g fat (5 g saturated fat), 91 mg cholesterol, 851 mg sodium, 15 g carbohydrate, 3 g fiber, 33 g protein.

BERRY-PORT GAME HENS

1 hen with 1/4 cup sauce equals 1,042 calories, 50 g fat (14 g saturated fat), 351 mg cholesterol, 1,220 mg sodium, 53 g carbohydrate, 1 g fiber, 61 g protein.

BRIE-AND-VEGGIE BRUNCH STRATA

1 piece equals 323 calories, 15 g fat (7 g saturated fat), 169 mg cholesterol, 745 mg sodium, 30 g carbohydrate, 2 g fiber, 18 g protein.

BRITTLE TORTE

1 slice equals 465 calories, 18 g fat (10 g saturated fat), 195 mg cholesterol, 368 mg sodium, 71 g carbohydrate, trace fiber, 7 g protein.

CANDY CANE COOKIES

1 cookie equals 108 calories, 5 g fat (3 g saturated fat), 19 mg cholesterol, 104 mg sodium, 14 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

CARAMEL CORN WITH NUTS

3/4 cup equals 224 calories, 13 g fat (5 g saturated fat), 19 mg cholesterol, 260 mg sodium, 27 g carbohydrate, 1 g fiber, 2 g protein.

CARIBBEAN CHICKEN CAESAR SALAD

2 cups equals 298 calories, 9 g fat (3 g saturated fat), 65 mg cholesterol, 233 mg sodium, 30 g carbohydrate, 3 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1 fat, 1/2 fruit.

CASHEW BRITTLE

1 oz. equals 171 calories, 10 g fat (4 g saturated fat), 14 mg cholesterol, 54 mg sodium, 21 g carbohydrate, trace fiber, 2 g protein.

CHOCOLATE BANANA CREAM CAKE

1 slice equals 490 calories, 20 g fat (10 g saturated fat), 62 mg cholesterol, 459 mg sodium, 74 g carbohydrate, 2 g fiber, 4 g protein.

CHOCOLATE RASPBERRY TUNNEL CAKE

1 slice equals 562 calories, 25 g fat (17 g saturated fat), 109 mg cholesterol, 255 mg sodium, 75 g carbohydrate, 3 g fiber, 9 g protein.

CHOCOLATE TOFFEE CAKE

1 slice equals 665 calories, 32 g fat (18 g saturated fat), 132 mg cholesterol, 417 mg sodium, 89 g carbohydrate, 2 g fiber, 8 g protein.

CHOCOLATE TRUFFLE CAKE

1 slice equals 676 calories, 38 g fat (22 g saturated fat), 109 mg cholesterol, 299 mg sodium, 84 g carbohydrate, 3 g fiber, 8 g protein.

CHOCOLATE-COVERED PRETZELS

1 pretzel equals 207 calories, 10 g fat (9 g saturated fat), 1 mg cholesterol, 143 mg sodium, 28 g carbohydrate, trace fiber, 1 g protein.

CHOCOLATE-STRAWBERRY CELEBRATION CAKE

1 slice equals 917 calories, 56 g fat (31 g saturated fat), 179 mg cholesterol, 681 mg sodium, 103 g carbohydrate, 5 g fiber, 9 g protein.

CHRISTMAS WREATH BREAD

1 slice equals 259 calories, 8 g fat (4 g saturated fat), 29 mg cholesterol, 170 mg sodium, 40 g carbohydrate, 2 g fiber, 6 g protein.

CITRUS FISH

5 oz. cooked fish equals 208 calories, 6 g fat (1 g saturated fat), 98 mg cholesterol, 193 mg sodium, 4 g carbohydrate, 1 g fiber, 33 g protein. Diabetic Exchanges: 5 lean meat, 1 fat.

COCONUT-MANGO MAHI MAHI

1 fillet with 1/4 cup sauce equals 374 calories, 12 g fat (5 g saturated fat), 168 mg cholesterol, 315 mg sodium, 35 g carbohydrate, 2 g fiber, 31 g protein. Diabetic Exchanges: 4 lean meat, 2 fat, 1 starch, 1 fruit.

CRAB PUFFS

1 crab puff equals 30 calories, 2 g fat (1 g saturated fat), 23 mg cholesterol, 32 mg sodium, 1 g carbohydrate, trace fiber, 1 g protein.

FIESTA SHRIMP COCKTAIL

1 serving equals 134 calories, 5 g fat (1 g saturated fat), 115 mg cholesterol, 359 mg sodium, 6 g carbohydrate, 1 g fiber, 16 g protein.

FLORIDA CITRUS MERINGUE PIE

1 piece equals 350 calories, 12 g fat (6 g saturated fat), 115 mg cholesterol, 293 mg sodium, 57 g carbohydrate, trace fiber, 4 g protein.

GINGER CHICKEN

1 cup stir-fry (calculated without rice) equals 248 calories, 12 g fat (2 g saturated fat), 63 mg cholesterol, 748 mg sodium, 7 g carbohydrate, 2 g fiber, 28 g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 fat, 1/2 starch.

"GIVE ME S'MORE" CAKE

1 slice equals 483 calories, 23 g fat (10 g saturated fat), 72 mg cholesterol, 309 mg sodium, 65 g carbohydrate, 2 g fiber, 7 g protein.

GREEN MINT BARK

1 oz. equals 171 calories, 9 g fat (7 g saturated fat), 3 mg cholesterol, 32 mg sodium, 21 g carbohydrate, 0 fiber, 1 g protein. Diabetic Exchanges: 2 fat, 1 starch.

HAM WITH ORANGE-APRICOT SAUCE

6 oz. ham with 2 Tbsp. sauce equals 347 calories, 4 g fat (1 g saturated fat), 40 mg cholesterol, 1,634 mg sodium, 45 g carbohydrate, 2 g fiber, 33 g protein.

HOLIDAY SPRITZ

1 cookie equals 39 calories, 2 g fat (1 g saturated fat), 8 mg cholesterol, 23 mg sodium, 4 g carbohydrate, trace fiber, trace protein.

HOLIDAY SUGAR COOKIES

1 cookie equals 78 calories, 5 g fat (3 g saturated fat), 16 mg cholesterol, 64 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

HOMEMADE MARSHMALLOWS

1 marshmallow (calculated without optional ingredients) equals 22 calories, trace fat (0 saturated fat), 0 cholesterol, 5 mg sodium, 6 g carbohydrate, 0 fiber, trace protein.

HONEY-LIME RED SNAPPER

1 fillet with 4-1/2 tsp. sauce equals 277 calories, 2 g fat (1 g saturated fat), 60 mg cholesterol, 87 mg sodium, 31 g carbohydrate, 1 g fiber, 34 g protein. Diabetic Exchanges: 5 lean meat, 2 starch.

HOT WING DIP

1/4 cup dip (calculated without chips and celery) equals 186 calories, 16 g fat (7 g saturated fat), 43 mg cholesterol, 235 mg sodium, 2 g carbohydrate, trace fiber, 8 g protein.

ICED ANISE COOKIES

1 cookie equals 56 calories, 2 g fat (1 g saturated fat), 14 mg cholesterol, 34 mg sodium, 8 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchange: 1/2 starch.

ITALIAN CHRISTMAS TURKEY

8 oz. cooked turkey with 3/4 cup stuffing equals 777 calories, 40 g fat (14 g saturated fat), 282 mg cholesterol, 788 mg sodium, 20 g carbohydrate, 2 g fiber, 80 g protein.

JULIA'S GREEN BEANS & MUSHROOMS

1 serving equals 152 calories, 12 g fat (4 g saturated fat), 14 mg cholesterol, 143 mg sodium, 9 g carbohydrate, 3 g fiber, 4 g protein.

LEMON ANGEL WINGS

1 cookie equals 84 calories, 6 g fat (4 g saturated fat), 16 mg cholesterol, 37 mg sodium, 8 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

LEMON BROCCOLI WITH GARLIC

2/3 cup equals 207 calories, 19 g fat (3 g saturated fat), 0 cholesterol, 140 mg sodium, 9 g carbohydrate, 5 g fiber, 5 g protein.

LEMON-ROSEMARY LAYER CAKE

1 slice equals 756 calories, 28 g fat (17 g saturated fat), 146 mg cholesterol, 527 mg sodium, 119 g carbohydrate, 1 g fiber, 8 g protein.

LINZER COOKIES

1 cookie equals 161 calories, 9 g fat (4 g saturated fat), 28 mg cholesterol, 82 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchanges: 1-1/2 fat, 1 starch.

MAGNOLIA DREAM CHEESECAKE

1 slice equals 518 calories, 33 g fat (16 g saturated fat), 159 mg cholesterol, 244 mg sodium, 43 g carbohydrate, 2 g fiber, 3 g protein.

MOM'S ITALIAN BREAD

1 slice equals 106 calories, trace fat (trace saturated fat), 0 cholesterol, 197 mg sodium, 22 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchange: 1-1/2 starch.

NUT AND POPPY SEED ROLLS

Nut Filling: 1 slice equals 290 calories, 9 g fat (4 g saturated fat), 31 mg cholesterol, 298 mg sodium, 47 g carbohydrate, 2 g fiber, 6 g protein. Poppy Seed Filling: 1 slice equals 307 calories, 9 g fat (4 g saturated fat), 30 mg cholesterol, 139 mg sodium, 50 g carbohydrate, 1 g fiber, 6 g protein.

NUTTY WILD RICE

3/4 cup equals 236 calories, 15 g fat (3 g saturated fat), 6 mg cholesterol, 314 mg sodium, 21 g carbohydrate, 4 g fiber, 8 g protein.

ONION, GARLIC & BRIE BRUSCHETTA

1 appetizer equals 73 calories, 4 g fat (2 g saturated fat), 9 mg cholesterol, 126 mg sodium, 6 g carbohydrate, trace fiber, 3 g protein.

OVERNIGHT CHERRY DANISH

1 Danish equals 218 calories, 8 g fat (5 g saturated fat), 55 mg cholesterol, 188 mg sodium, 33 g carbohydrate, 1 g fiber, 3 g protein.

PECAN CARAMELS

1 piece equals 107 calories, 9 g fat (2 g saturated fat), 10 mg cholesterol, 19 mg sodium, 8 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchanges: 1-1/2 fat, 1/2 starch.

PECAN GOODY CUPS

1 cookie equals 97 calories, 6 g fat (3 g saturated fat), 21 mg cholesterol, 38 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

PECAN MELTAWAYS

1 cookie (calculated without additional confectioners' sugar) equals 73 calories, 5 g fat (3 g saturated fat), 10 mg cholesterol, 39 mg sodium, 6 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

PERFECT BRUNCH OMELETS

1 omelet equals 336 calories, 25 g fat (14 g saturated fat), 475 mg cholesterol, 604 mg sodium, 7 g carbohydrate, 1 g fiber, 22 g protein.

PERFECT WINTER SALAD

1 cup equals 235 calories, 18 g fat (1 g saturated fat), 2 mg cholesterol, 47 mg sodium, 20 g carbohydrate, 2 g fiber, 2 g protein.

PIE CARAMBA! MEXICAN PIZZA

186 calories, 6.8 g total fat (3.4 g saturated fat), 12 g protein, 18 g carbohydrate, 1.9 g fiber, 28 mg cholesterol, 455 mg sodium

RAINBOW QUICHE

1 piece equals 297 calories, 19 g fat (10 g saturated fat), 188 mg cholesterol, 455 mg sodium, 20 g carbohydrate, 1 g fiber, 12 g protein.

RASPBERRY CHOCOLATE TORTE

1 slice equals 614 calories, 32 g fat (21 g saturated fat), 111 mg cholesterol, 138 mg sodium, 79 g carbohydrate, 4 g fiber, 6 g protein.

ROAST PORK WITH APPLES & ONIONS

3 oz. cooked pork with 1/2 cup apple mixture equals 215 calories, 7 g fat (2 g saturated fat), 56 mg cholesterol, 109 mg sodium, 15 g carbohydrate, 3 g fiber, 23 g protein. Diabetic Exchanges: 3 lean meat, 1 fruit.

SCALLOPS IN SAGE CREAM

1 serving (calculated without pasta) equals 408 calories, 28 g fat (12 g saturated fat), 117 mg cholesterol, 441 mg sodium, 9 g carbohydrate, trace fiber, 30 g protein.

SMOKED GOUDA & BACON POTATOES

1 appetizer with about 1 Tbsp. sauce equals 161 calories, 13 g fat (7 g saturated fat), 30 mg cholesterol, 169 mg sodium, 5 g carbohydrate, trace fiber, 4 g protein.

SOUR CREAM COFFEE CAKE

1 slice equals 333 calories, 18 g fat (9 g saturated fat), 66 mg cholesterol, 177 mg sodium, 40 g carbohydrate, 1 g fiber, 3 g protein.

SPICY GROUND CHICKEN TACOS

288 calories, 6.3 g total fat (2.3 g saturated fat) 30 g protein, 29 g carbohydrate, 2.8 g fiber, 52 mg cholesterol, 390 mg sodium

SPICY SHRIMP KABOBS

2 kabobs equals 204 calories, 13 g fat (7 g saturated fat), 168 mg cholesterol, 364 mg sodium, 2 g carbohydrate, 1 g fiber, 19 g protein.

SUNDAY'S BEST CHICKEN

1 serving equals 555 calories, 34 g fat (9 g saturated fat), 179 mg cholesterol, 801 mg sodium, 3 g carbohydrate, 1 g fiber, 57 g protein.

SWEET-HOT SPICED NUTS

1/4 cup equals 257 calories, 20 g fat (1 g saturated fat), 0 cholesterol, 165 mg sodium, 16 g carbohydrate, 4 g fiber, 8 g protein.

TENDERLOIN WITH CREMINI-APRICOT STUFFING

4 oz. cooked beef equals 219 calories, 10 g fat (4 g saturated fat), 56 mg cholesterol, 143 mg sodium, 6 g carbohydrate, 1 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 1 fat, 1/2 starch.

TEX-MEX CHILI

1-1/3 cups (calculated without cheese) equals 334 calories, 9 g fat (3 g saturated fat), 70 mg cholesterol, 1,030 mg sodium, 31 g carbohydrate, 8 g fiber, 32 g protein.

TRIPLE CHOCOLATE FUDGE

1 piece equals 64 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 17 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1/2 starch, 1/2 fat.

TRUFFLE CAKE WITH CANDY CANE CREAM

1 slice with about 2 Tbsp. cream equals 442 calories, 30 g fat (15 g saturated fat), 128 mg cholesterol, 91 mg sodium, 41 g carbohydrate, 3 g fiber, 6 g protein.

UPSIDE-DOWN ORANGE FRENCH TOAST

2 pieces equals 517 calories, 33 g fat (16 g saturated fat), 343 mg cholesterol, 470 mg sodium, 42 g carbohydrate, 2 g fiber, 14 g protein.

WALNUT HORN COOKIES

1 cookie equals 144 calories, 10 g fat (4 g saturated fat), 16 mg cholesterol, 49 mg sodium, 12 g carbohydrate, 1 g fiber, 2 g protein.

WHITE CHOCOLATE RASPBERRY TORTE

1 slice equals 733 calories, 34 g fat (22 g saturated fat), 126 mg cholesterol, 294 mg sodium, 97 g carbohydrate, 2 g fiber, 9 g protein.