

30-MINUTE CHICKEN NOODLE SOUP

1-1/2 cups equals 196 calories, 5 g fat (1 g saturated fat), 49 mg cholesterol, 759 mg sodium, 22 g carbohydrate, 2 g fiber, 15 g protein. Diabetic Exchanges: 2 lean meat, 1 starch, 1/2 fat.

ASPARAGUS, BRIE & PARMA HAM CROSTINI

1 piece equals 91 calories, 6 g fat (3 g saturated fat), 16 mg cholesterol, 191 mg sodium, 4 g carbohydrate, trace fiber, 4 g protein.

BACON CHEESEBURGER PIZZA

1 slice equals 653 calories, 28 g fat (12 g saturated fat), 93 mg cholesterol, 1,711 mg sodium, 60 g carbohydrate, 3 g fiber, 41 g protein.

BAKED MAC & CHEESE

1 cup equals 428 calories, 20 g fat (13 g saturated fat), 66 mg cholesterol, 602 mg sodium, 42 g carbohydrate, 1 g fiber, 19 g protein.

BAKED STEW WITH ROOT VEGETABLES

1-1/2 cups equals 405 calories, 23 g fat (7 g saturated fat), 85 mg cholesterol, 770 mg sodium, 24 g carbohydrate, 4 g fiber, 26 g protein.

BAYOU BURGERS WITH SPICY REMOULADE

1 burger with 2 Tbsp. remoulade equals 811 calories, 55 g fat (18 g saturated fat), 178 mg cholesterol, 1,671 mg sodium, 40 g carbohydrate, 2 g fiber, 41 g protein.

BEEF & BACON STROGANOFF

1 cup beef mixture with 1-1/4 cups noodles and 4 tsp. cheese equals 492 calories, 23 g fat (11 g saturated fat), 126 mg cholesterol, 1,095 mg sodium, 39 g carbohydrate, 3 g fiber, 29 g protein.

BIG-BATCH JAMBALAYA

1 cup equals 288 calories, 11 g fat (3 g saturated fat), 71 mg cholesterol, 1,185 mg sodium, 30 g carbohydrate, 2 g fiber, 18 g protein.

BISTRO MAC & CHEESE

1 cup equals 468 calories, 22 g fat (14 g saturated fat), 68 mg cholesterol, 649 mg sodium, 49 g carbohydrate, 2 g fiber, 20 g protein.

BOX-OF-CHOCOLATES CUPCAKES

1 cupcake (calculated with coffee filling) equals 285 calories, 18 g fat (7 g saturated fat), 64 mg cholesterol, 182 mg sodium, 31 g carbohydrate, 2 g fiber, 4 g protein.

BRANANA BREAD

174 calories, 6.2 g total fat (1.8 g saturated fat), 6 g protein, 27 g carbohydrate, 3.5 g fiber, 31 mg cholesterol, 159 mg sodium

CARAMEL-PECAN MONKEY BREAD

2 pieces equals 334 calories, 15 g fat (8 g saturated fat), 52 mg cholesterol, 207 mg sodium, 45 g carbohydrate, 1 g fiber, 5 g protein.

CARROT SALAD

1/2 cup equals 129 calories, 6 g fat (4 g saturated fat), 24 mg cholesterol, 343 mg sodium, 15 g carbohydrate, 2 g fiber, 3 g protein. Diabetic Exchanges: 1 starch, 1 fat.

CHICKEN KORMA

1 cup chicken mixture (calculated without rice) equals 317 calories, 11 g fat (5 g saturated fat), 83 mg cholesterol, 666 mg sodium, 25 g carbohydrate, 3 g fiber, 27 g protein. Diabetic Exchanges: 3 lean meat, 2 fat, 1 starch, 1 vegetable.

CHICKEN SALAD CAPRESE

1/4 cup salad with 2 or 3 crostini equals 179 calories, 10 g fat (3 g saturated fat), 19 mg cholesterol, 316 mg sodium, 16 g carbohydrate, 1 g fiber, 7 g protein.

CHICKEN TORTILLA CHOWDER

1 cup (calculated without additional cheese) equals 280 calories, 11 g fat (5 g saturated fat), 42 mg cholesterol, 1,569 mg sodium, 30 g carbohydrate, 2 g fiber, 15 g protein.

CHIPOTLE CHEESEBURGERS

1 burger equals 458 calories, 23 g fat (10 g saturated fat), 101 mg cholesterol, 838 mg sodium, 25 g carbohydrate, 1 g fiber, 36 g protein.

CHOCOLATE RASPBERRY CHEESECAKE

1 slice (calculated without optional garnishes) equals 557 calories, 38 g fat (22 g saturated fat), 123 mg cholesterol, 269 mg sodium, 49 g carbohydrate, 3 g fiber, 9 g protein.

CHUNKY BLUE CHEESE DRESSING

2 Tbsp. equals 114 calories, 10 g fat (5 g saturated fat), 23 mg cholesterol, 189 mg sodium, 1 g carbohydrate, trace fiber, 3 g protein.

CRAWFISH BEIGNETS WITH CAJUN DIPPING SAUCE

1 beignet with 1-1/2 tsp. sauce equals 97 calories, 8 g fat (1 g saturated fat), 35 mg cholesterol, 160 mg sodium, 3 g carbohydrate, trace fiber, 4 g protein.

CREAM CHEESE AND SWISS LASAGNA

1 piece equals 522 calories, 31 g fat (17 g saturated fat), 118 mg cholesterol, 1,196 mg sodium, 24 g carbohydrate, 3 g fiber, 35 g protein.

CREAMY BUTTERNUT SQUASH SOUP

1-1/2 cups equals 278 calories, 8 g fat (5 g saturated fat), 25 mg cholesterol, 1,008 mg sodium, 49 g carbohydrate, 6 g fiber, 6 g protein.

CUCUMBER SALAD

1/2 cup equals 69 calories, 4 g fat (3 g saturated fat), 16 mg cholesterol, 117 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g protein. Diabetic Exchanges: 1 vegetable, 1 fat.

CURRY POWDER

1/4 tsp. equals 3 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, trace carbohydrate, trace fiber, trace protein. Diabetic Exchange: Free food.

EASY CHICKEN POTPIE

1-1/3 cups chicken mixture with 2 biscuits equals 342 calories, 5 g fat (2 g saturated fat), 36 mg cholesterol, 871 mg sodium, 53 g carbohydrate, 7 g fiber, 21 g protein. Diabetic Exchanges: 3 vegetable, 2-1/2 starch, 2 very lean meat.

FIRST-PRIZE DOUGHNUTS

1 doughnut equals 270 calories, 11 g fat (2 g saturated fat), 22 mg cholesterol, 129 mg sodium, 39 g carbohydrate, 1 g fiber, 4 g protein.

FRENCH LOAVES

1 slice equals 79 calories, trace fat (trace saturated fat), 0 cholesterol, 197 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchange: 1 starch.

FRENCH ONION SOUP

1 cup equals 192 calories, 9 g fat (5 g saturated fat), 26 mg cholesterol, 875 mg sodium, 22 g carbohydrate, 2 g fiber, 7 g protein.

GREEK MEAT LOAVES

1 slice equals 254 calories, 15 g fat (7 g saturated fat), 98 mg cholesterol, 545 mg sodium, 9 g carbohydrate, 1 g fiber, 21 g protein.

HEARTY CABBAGE SOUP

1 cup equals 230 calories, 11 g fat (4 g saturated fat), 51 mg cholesterol, 617 mg sodium, 16 g carbohydrate, 4 g fiber, 18 g protein. Diabetic Exchanges: 3 vegetable, 2 medium-fat meat.

HEARTY MEATLESS MINSTRONE

1-1/2 cups (calculated without optional ingredients) equals 191 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 664 mg sodium, 29 g carbohydrate, 7 g fiber, 6 g protein. Diabetic Exchanges: 3 vegetable, 1 starch, 1 fat.

HERB & CHEESE-STUFFED BURGERS

1 burger equals 430 calories, 17 g fat (7 g saturated fat), 86 mg cholesterol, 953 mg sodium, 38 g carbohydrate, 2 g fiber, 30 g protein.

HOT TAMALE CASSEROLE

1 serving equals 369 calories, 15 g fat (7 g saturated fat), 86 mg cholesterol, 837 mg sodium, 30 g carbohydrate, 7 g fiber, 32 g protein.

ITALIAN PORK STEW

1 cup (calculated without pasta and cheese) equals 256 calories, 12 g fat (3 g saturated fat), 59 mg cholesterol, 349 mg sodium, 12 g carbohydrate, 2 g fiber, 24 g protein. Diabetic Exchanges: 3 lean meat, 1 vegetable, 1 fat.

ITALIAN SHEPHERD'S PIES

1 serving equals 542 calories, 27 g fat (14 g saturated fat), 107 mg cholesterol, 976 mg sodium, 44 g carbohydrate, 4 g fiber, 29 g protein.

LAYERED LEMON PIES

1 piece equals 428 calories, 21 g fat (13 g saturated fat), 68 mg cholesterol, 321 mg sodium, 56 g carbohydrate, trace fiber, 4 g protein.

LIGHT AND LEMONY POPPY SEED BREAD

161 calories, 5.3 g total fat (2.8 g saturated fat), 4 g protein, 27 g carbohydrate, 1.1 g fiber, 30 mg cholesterol, 197 mg sodium

MAMMA'S CAPONATA

1/4 cup (calculated without baguette) equals 57 calories, 4 g fat (1 g saturated fat), 0 cholesterol, 134 mg sodium, 6 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchanges: 1 vegetable, 1/2 fat.

MINTED RICE WITH GARBANZO CURRY

1 cup rice with about 3/4 cup curry equals 475 calories, 11 g fat (1 g saturated fat), 0 cholesterol, 932 mg sodium, 82 g carbohydrate, 9 g fiber, 12 g protein.

OKRA AND BUTTER BEAN STEW

1 cup (calculated without rice) equals 252 calories, 14 g fat (6 g saturated fat), 31 mg cholesterol, 901 mg sodium, 24 g carbohydrate, 7 g fiber, 12 g protein.

OLD-TIME CAKE DOUGHNUTS

1 doughnut equals 198 calories, 8 g fat (1 g saturated fat), 30 mg cholesterol, 112 mg sodium, 29 g carbohydrate, 1 g fiber, 3 g protein.

ONION & CHEDDAR BISCUITS

1 biscuit equals 199 calories, 11 g fat (7 g saturated fat), 30 mg cholesterol, 301 mg sodium, 21 g carbohydrate, 1 g fiber, 5 g protein.

PASTA ALLA PUTTANESCA

2/3 cup (calculated without pasta) equals 146 calories, 10 g fat (1 g saturated fat), 2 mg cholesterol, 668 mg sodium, 12 g carbohydrate, 4 g fiber, 3 g protein.

PRESTO CHICKEN TACOS

1 taco (calculated without toppings) equals 215 calories, 6 g fat (1 g saturated fat), 63 mg cholesterol, 186 mg sodium, 16 g carbohydrate, 3 g fiber, 25 g protein. Diabetic Exchanges: 3 lean meat, 1 starch.

RAGU BOLOGNESE

3/4 cup (calculated without pasta and additional cheese) equals 309 calories, 18 g fat (9 g saturated fat), 73 mg cholesterol, 746 mg sodium, 15 g carbohydrate, 3 g fiber, 18 g protein.

RANCH MAC & CHEESE

1 cup equals 488 calories, 23 g fat (14 g saturated fat), 66 mg cholesterol, 1,357 mg sodium, 52 g carbohydrate, 2 g fiber, 18 g protein.

ROADSIDE DINER CHEESEBURGER QUICHE

1 piece (calculated without optional garnishes) equals 502 calories, 35 g fat (19 g saturated fat), 236 mg cholesterol, 954 mg sodium, 24 g carbohydrate, 1 g fiber, 23 g protein.

ROOTIN'-TOOTIN' CININNATI CHILI

1 cup (calculated without spaghetti and toppings) equals 310 calories, 15 g fat (5 g saturated fat), 70 mg cholesterol, 662 mg sodium, 22 g carbohydrate, 4 g fiber, 23 g protein.

SHORTCUT SPLIT PEA SOUP

1-1/3 cups (calculated without cheese) equals 249 calories, 7 g fat (3 g saturated fat), 23 mg cholesterol, 1,502 mg sodium, 32 g carbohydrate, 4 g fiber, 16 g protein.

SHRIMP GUMBO

1 cup gumbo (calculated without rice) equals 159 calories, 7 g fat (1 g saturated fat), 102 mg cholesterol, 681 mg sodium, 9 g carbohydrate, 2 g fiber, 15 g protein. Diabetic Exchanges: 2 lean meat, 1 vegetable, 1 fat.

SUNFLOWER SEED & HONEY WHEAT BREAD

1 slice equals 125 calories, 4 g fat (1 g saturated fat), 3 mg cholesterol, 212 mg sodium, 19 g carbohydrate, 3 g fiber, 4 g protein. Diabetic Exchanges: 1 starch, 1 fat.

TACORITOS

1 tacorito (calculated without optional toppings) equals 627 calories, 40 g fat (19 g saturated fat), 111 mg cholesterol, 1,131 mg sodium, 36 g carbohydrate, 3 g fiber, 31 g protein.

TANGY PULLED PORK SANDWICHES

1 sandwich equals 402 calories, 7 g fat (2 g saturated fat), 63 mg cholesterol, 1,181 mg sodium, 56 g carbohydrate, 2 g fiber, 29 g protein. Diabetic Exchanges: 3-1/2 starch, 3 very lean meat, 1/2 fat.

TAPAS MEATBALLS WITH ORANGE GLAZE

1 meatball equals 127 calories, 3 g fat (2 g saturated fat), 33 mg cholesterol, 206 mg sodium, 18 g carbohydrate, 1 g fiber, 7 g protein. Diabetic Exchanges: 1 starch, 1 lean meat.

TOMATO TORTELLINI SOUP

1 cup (calculated without additional cheese) equals 245 calories, 11 g fat (6 g saturated fat), 42 mg cholesterol, 756 mg sodium, 27 g carbohydrate, 2 g fiber, 10 g protein.

TRADITIONAL NEW ORLEANS KING CAKE

1 slice equals 321 calories, 9 g fat (5 g saturated fat), 73 mg cholesterol, 313 mg sodium, 55 g carbohydrate, 1 g fiber, 5 g protein.

VERDE SAUCE

1/4 cup (calculated without pasta) equals 249 calories, 25 g fat (5 g saturated fat), 10 mg cholesterol, 793 mg sodium, 4 g carbohydrate, 2 g fiber, 5 g protein.