

APPLE-BRINED CHICKEN THIGHS

2 chicken thighs with 3/4 cup bean mixture equals 591 calories, 32 g fat (8 g saturated fat), 163 mg cholesterol, 817 mg sodium, 30 g carbohydrate, 4 g fiber, 47 g protein.

BEEF ROAST WITH GRAVY

5 oz. cooked beef with 1/3 cup gravy equals 314 calories, 12 g fat (3 g saturated fat), 106 mg cholesterol, 995 mg sodium, 13 g carbohydrate, 2 g fiber, 36 g protein.

BERRY DELICIOUS TART

1 slice equals 374 calories, 19 g fat (12 g saturated fat), 69 mg cholesterol, 148 mg sodium, 49 g carbohydrate, 1 g fiber, 4 g protein.

BLACK CHERRY SHERBET

1/2 cup equals 213 calories, 5 g fat (3 g saturated fat), 7 mg cholesterol, 39 mg sodium, 43 g carbohydrate, 1 g fiber, 2 g protein.

BLACKBERRY COBBLER

1 serving (calculated without whipped topping or ice cream) equals 305 calories, 12 g fat (7 g saturated fat), 31 mg cholesterol, 286 mg sodium, 47 g carbohydrate, 3 g fiber, 3 g protein.

BLACKBERRY-SAUCED PORK CHOPS

1 pork chop with 2 Tbsp. sauce equals 311 calories, 10 g fat (3 g saturated fat), 68 mg cholesterol, 531 mg sodium, 25 g carbohydrate, 2 g fiber, 28 g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 fruit, 1/2 fat.

CAKE ROLL WITH BERRIES

1 slice with about 1/4 cup strawberries equals 453 calories, 21 g fat (9 g saturated fat), 90 mg cholesterol, 254 mg sodium, 62 g carbohydrate, 1 g fiber, 5 g protein.

CAMPFIRE TROUT DINNER

1 trout with about 3/4 cup carrots equals 711 calories, 32 g fat (11 g saturated fat), 270 mg cholesterol, 1,057 mg sodium, 17 g carbohydrate, 4 g fiber, 86 g protein.

CAMPING HAYSTACKS

1 serving equals 620 calories, 30 g fat (11 g saturated fat), 61 mg cholesterol, 1,654 mg sodium, 61 g carbohydrate, 10 g fiber, 25 g protein.

CANTALOUPE SORBET

1/2 cup equals 126 calories, trace fat (trace saturated fat), 0 cholesterol, 7 mg sodium, 32 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 2 starch.

CAPRESE CHICKEN WITH BACON

1 serving equals 373 calories, 18 g fat (7 g saturated fat), 123 mg cholesterol, 821 mg sodium, 3 g carbohydrate, trace fiber, 47 g protein.

CELESTIAL CHERRY CONSERVE

2 Tbsp. equals 72 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 18 g carbohydrate, trace fiber, trace protein. **Diabetic Exchange:** 1 starch.

CHICKEN DIJON & COUSCOUS

1 chicken breast half with 1/3 cup sauce and 3/4 cup couscous equals 486 calories, 13 g fat (6 g saturated fat), 119 mg cholesterol, 849 mg sodium, 45 g carbohydrate, 2 g fiber, 44 g protein.

CHILES RELLENOS CASSEROLE

1 serving equals 311 calories, 22 g fat (14 g saturated fat), 189 mg cholesterol, 603 mg sodium, 8 g carbohydrate, trace fiber, 19 g protein.

CITRUS-MARINATED SALMON

1 fillet equals 351 calories, 22 g fat (4 g saturated fat), 100 mg cholesterol, 202 mg sodium, 2 g carbohydrate, trace fiber, 34 g protein.

COCOA MERINGUES WITH BERRIES

1 meringue with 1/2 cup sauce equals 215 calories, 4 g fat (2 g saturated fat), 0 cholesterol, 102 mg sodium, 46 g carbohydrate, 3 g fiber, 3 g protein.

CORN, RICE & BEAN BURRITOS

1 burrito with 1 Tbsp. salsa equals 326 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 500 mg sodium, 52 g carbohydrate, 4 g fiber, 13 g protein.

CRANBERRY-PORT FUDGE BROWNIES

1 brownie equals 212 calories, 10 g fat (6 g saturated fat), 41 mg cholesterol, 88 mg sodium, 30 g carbohydrate, 2 g fiber, 2 g protein.

CURRIED APRICOT PORK CHOPS

1 pork chop with 1/3 cup sauce equals 306 calories, 12 g fat (3 g saturated fat), 68 mg cholesterol, 679 mg sodium, 20 g carbohydrate, 2 g fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch, 1 fat.

CURRIED CHICKEN SHEPHERD'S PIE

1-1/2 cups equals 410 calories, 19 g fat (9 g saturated fat), 99 mg cholesterol, 1,025 mg sodium, 33 g carbohydrate, 4 g fiber, 27 g protein.

ENCHILADA LASAGNA

1 piece equals 387 calories, 21 g fat (11 g saturated fat), 87 mg cholesterol, 771 mg sodium, 25 g carbohydrate, 1 g fiber, 25 g protein.

FABULOUS GREEN BEANS

3/4 cup equals 165 calories, 15 g fat (8 g saturated fat), 30 mg cholesterol, 382 mg sodium, 8 g carbohydrate, 4 g fiber, 2 g protein.

FARMER'S COUNTRY BREAKFAST

1 cup equals 330 calories, 24 g fat (11 g saturated fat), 364 mg cholesterol, 612 mg sodium, 9 g carbohydrate, 1 g fiber, 20 g protein.

FAST & FABULOUS THAI CHICKEN SALAD

1-2/3 cups equals 230 calories, 12 g fat (3 g saturated fat), 42 mg cholesterol, 588 mg sodium, 13 g carbohydrate, 3 g fiber, 17 g protein. **Diabetic Exchanges:** 2 lean meat, 1 vegetable, 1 fat, 1/2 starch.

FIRE-ROASTED TOMATO SALSA

1/4 cup (calculated without chips) equals 25 calories, 1 g fat (trace saturated fat), 0 cholesterol, 76 mg sodium, 4 g carbohydrate, 1 g fiber, 1 g protein.

FRUIT SALAD IN A PINEAPPLE BOAT

2/3 cup fruit with 2 Tbsp. sauce equals 81 calories, 1 g fat (trace saturated fat), 1 mg cholesterol, 21 mg sodium, 19 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchange:** 1 fruit.

GNOCCHI CHICKEN MINISTRONE

1-1/3 cups equals 324 calories, 8 g fat (2 g saturated fat), 59 mg cholesterol, 1,163 mg sodium, 38 g carbohydrate, 4 g fiber, 27 g protein.

GREEK ISLANDS STEAK SALAD

1 serving equals 509 calories, 32 g fat (13 g saturated fat), 95 mg cholesterol, 1,281 mg sodium, 21 g carbohydrate, 6 g fiber, 34 g protein.

GRILLED GLAZED DRUMMIES

1 drumette equals 141 calories, 9 g fat (2 g saturated fat), 43 mg cholesterol, 311 mg sodium, 3 g carbohydrate, trace fiber, 11 g protein.

GRILLED GREEK CROSTINI TOPPING

about 1 ounce (calculated without baguette) equals 95 calories, 8 g fat (4 g saturated fat), 25 mg cholesterol, 318 mg sodium, 2 g carbohydrate, trace fiber, 4 g protein.

GRILLED PINEAPPLE BUTTERSCOTCH SUNDAES

2 pineapple spears with 1/2 cup ice cream and 3 Tbsp. sauce equals 667 calories, 41 g fat (26 g saturated fat), 126 mg cholesterol, 264 mg sodium, 76 g carbohydrate, 2 g fiber, 4 g protein.

GRILLED PORK CHOPS

1 pork chop equals 362 calories, 18 g fat (7 g saturated fat), 111 mg cholesterol, 695 mg sodium, 9 g carbohydrate, trace fiber, 37 g protein.

GRILLED SWEET ONIONS

1 onion equals 211 calories, 12 g fat (7 g saturated fat), 30 mg cholesterol, 488 mg sodium, 26 g carbohydrate, 3 g fiber, 3 g protein.

GRILLED TOMATILLO CHICKEN

1 chicken breast half with 1/2 cup tomatillo mixture (calculated without rice and sour cream) equals 324 calories, 14 g fat (5 g saturated fat), 109 mg cholesterol, 595 mg sodium, 9 g carbohydrate, 2 g fiber, 41 g protein.

GRILLED TUNA BIBB SALADS

2 cups salad with 2 Tbsp. dressing equals 228 calories, 8 g fat (1 g saturated fat), 59 mg cholesterol, 513 mg sodium, 9 g carbohydrate, 2 g fiber, 28 g protein. **Diabetic Exchanges:** 4 lean meat, 1 vegetable, 1 fat.

HALIBUT SOFT TACOS

1 taco with 1/3 cup mango mixture equals 330 calories, 12 g fat (1 g saturated fat), 36 mg cholesterol, 648 mg sodium, 28 g carbohydrate, 2 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 fat.

HAVARTI SHRIMP QUESADILLAS

1 wedge equals 123 calories, 5 g fat (3 g saturated fat), 26 mg cholesterol, 166 mg sodium, 12 g carbohydrate, 2 g fiber, 6 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

HERBED ROAST CHICKEN

6 oz. cooked chicken equals 433 calories, 28 g fat (8 g saturated fat), 136 mg cholesterol, 241 mg sodium, 1 g carbohydrate, trace fiber, 42 g protein.

HOMEMADE TORTILLAS

1 tortilla equals 159 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 148 mg sodium, 24 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

HONEY SWEET CORN

1 ear of corn equals 148 calories, 9 g fat (5 g saturated fat), 20 mg cholesterol, 67 mg sodium, 18 g carbohydrate, 2 g fiber, 3 g protein.

HORSERADISH COLESLAW

3/4 cup equals 175 calories, 13 g fat (2 g saturated fat), 6 mg cholesterol, 121 mg sodium, 13 g carbohydrate, 2 g fiber, 1 g protein.

HOT QUICK BANANA BOATS

1 serving equals 196 calories, 5 g fat (2 g saturated fat), 0 cholesterol, 7 mg sodium, 41 g carbohydrate, 4 g fiber, 2 g protein.

LEMON-BASIL FROZEN YOGURT

1/2 cup equals 279 calories, 14 g fat (6 g saturated fat), 32 mg cholesterol, 113 mg sodium, 30 g carbohydrate, 1 g fiber, 11 g protein.

MARINATED RIBEYES

1 steak equals 558 calories, 41 g fat (15 g saturated fat), 134 mg cholesterol, 603 mg sodium, 4 g carbohydrate, trace fiber, 41 g protein.

MARINATED VEGGIE BEEF KABOBS

2 kabobs equals 521 calories, 29 g fat (6 g saturated fat), 69 mg cholesterol, 753 mg sodium, 17 g carbohydrate, 4 g fiber, 40 g protein.

MASCARPONE-PESTO CHICKEN ROLLS

1 chicken roll with 1 cup cooked fettuccine equals 808 calories, 48 g fat (22 g saturated fat), 242 mg cholesterol, 768 mg sodium, 46 g carbohydrate, 3 g fiber, 52 g protein.

MEXICAN ICE CREAM

1 serving equals 266 calories, 7 g fat (4 g saturated fat), 29 mg cholesterol, 79 mg sodium, 51 g carbohydrate, 1 g fiber, 3 g protein.

NECTARINE, PROSCIUTTO & ENDIVE SALAD

3/4 cup equals 260 calories, 11 g fat (2 g saturated fat), 22 mg cholesterol, 657 mg sodium, 33 g carbohydrate, 13 g fiber, 13 g protein.

OPEN-FACED CHICKEN AVOCADO BURGERS

1 burger equals 723 calories, 55 g fat (17 g saturated fat), 136 mg cholesterol, 849 mg sodium, 22 g carbohydrate, 3 g fiber, 35 g protein.

ORANGE-BERRY JAM

2 Tbsp. equals 113 calories, trace fat (trace saturated fat), 0 cholesterol, trace sodium, 29 g carbohydrate, 1 g fiber, trace protein.

PEACH CHUTNEY

1/4 cup equals 83 calories, trace fat (trace saturated fat), 0 cholesterol, 88 mg sodium, 21 g carbohydrate, 1 g fiber, 1 g protein.

PEACH GELATO

1/2 cup equals 260 calories, 15 g fat (9 g saturated fat), 149 mg cholesterol, 40 mg sodium, 27 g carbohydrate, 1 g fiber, 4 g protein.

PICKLED VEGGIE SALAD

1/2 cup equals 114 calories, 5 g fat (trace saturated fat), 0 cholesterol, 90 mg sodium, 17 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat, 1/2 starch.

PISTACHIO-CRUSTED CHICKEN WITH GARDEN SPINACH

1 chicken breast with 3/4 cup salad and 2 Tbsp. sauce equals 652 calories, 37 g fat (10 g saturated fat), 129 mg cholesterol, 909 mg sodium, 31 g carbohydrate, 8 g fiber, 52 g protein.

POMEGRANATE JELLY

2 Tbsp. equals 91 calories, 0 fat (0 saturated fat), 0 cholesterol, 2 mg sodium, 23 g carbohydrate, 0 fiber, trace protein.

POPPY SEED CHICKEN SALAD

1 serving equals 479 calories, 35 g fat (3 g saturated fat), 47 mg cholesterol, 167 mg sodium, 23 g carbohydrate, 5 g fiber, 22 g protein.

POTATO-SAUSAGE FOIL PACKS

1 foil packet equals 349 calories, 10 g fat (2 g saturated fat), 62 mg cholesterol, 1,137 mg sodium, 44 g carbohydrate, 5 g fiber, 21 g protein.

RAINBOW PEPPER MEDLEY

1/2 cup equals 75 calories, 6 g fat (trace saturated fat), 0 cholesterol, 229 mg sodium, 5 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

ROASTED VEGETABLE SALAD

2/3 cup equals 210 calories, 14 g fat (3 g saturated fat), 5 mg cholesterol, 239 mg sodium, 17 g carbohydrate, 3 g fiber, 5 g protein.

SHRIMP ON ROSEMARY SKEWERS

1 skewer with 1-1/2 tsp. sauce equals 145 calories, 3 g fat (2 g saturated fat), 126 mg cholesterol, 172 mg sodium, 16 g carbohydrate, 1 g fiber, 14 g protein. **Diabetic Exchanges:** 2 lean meat, 1 starch.

SKILLET TACOS

1 cup equals 415 calories, 19 g fat (9 g saturated fat), 82 mg cholesterol, 705 mg sodium, 34 g carbohydrate, 4 g fiber, 25 g protein.

SOUTHERN FRIED CHICKEN STRIPS

5 oz. equals 327 calories, 11 g fat (2 g saturated fat), 126 mg cholesterol, 320 mg sodium, 18 g carbohydrate, 1 g fiber, 39 g protein.

SPICED PICKLED BEETS

1/4 cup equals 53 calories, trace fat (trace saturated fat), 0 cholesterol, 44 mg sodium, 12 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 vegetable, 1/2 starch.

SPICY CHICKEN LETTUCE WRAPS

2 wraps equals 303 calories, 12 g fat (1 g saturated fat), 67 mg cholesterol, 981 mg sodium, 20 g carbohydrate, 4 g fiber, 32 g protein.

STRAWBERRY RELISH

1/4 cup equals 79 calories, trace fat (trace saturated fat), 0 cholesterol, 43 mg sodium, 20 g carbohydrate, 1 g fiber, trace protein. **Diabetic Exchange:** 1 starch.

STRAWBERRY-RHUBARB ICE CREAM

1/2 cup equals 300 calories, 18 g fat (11 g saturated fat), 68 mg cholesterol, 95 mg sodium, 33 g carbohydrate, 1 g fiber, 2 g protein.

SUMMER SALAD WITH LEMON VINAIGRETTE

1 cup equals 96 calories, 8 g fat (1 g saturated fat), 0 cholesterol, 161 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

TACO SALAD

2 cups (calculated without chips, sour cream and guacamole) equals 493 calories, 30 g fat (13 g saturated fat), 90 mg cholesterol, 1,106 mg sodium, 29 g carbohydrate, 6 g fiber, 28 g protein.

TANGY POTATO SALAD

3/4 cup equals 227 calories, 11 g fat (2 g saturated fat), 134 mg cholesterol, 185 mg sodium, 25 g carbohydrate, 3 g fiber, 7 g protein.

TURKEY & FRUIT SALAD

1 cup equals 278 calories, 9 g fat (1 g saturated fat), 77 mg cholesterol, 208 mg sodium, 23 g carbohydrate, 2 g fiber, 28 g protein. **Diabetic Exchanges:** 3 very lean meat, 2 fat, 1 starch.

TUSCAN PORK MEDALLIONS

5 oz. cooked pork with 1/2 cup sauce equals 514 calories, 36 g fat (20 g saturated fat), 205 mg cholesterol, 718 mg sodium, 8 g carbohydrate, 1 g fiber, 40 g protein.

ZUCCHINI PICKLES

1/4 cup equals 31 calories, trace fat (trace saturated fat), 0 cholesterol, 237 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchange:** 1/2 starch.

ZUCCHINI RELISH

1/4 cup equals 26 calories, trace fat (trace saturated fat), 0 cholesterol, 279 mg sodium, 6 g carbohydrate, 1 g fiber, 1 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.