

Apple-Raisin Bread Pudding

1 piece with 5 tsp. sauce equals 294 calories, 9 g fat (4 g saturated fat), 138 mg cholesterol, 191 mg sodium, 47 g carbohydrate, 3 g fiber, 9 g protein.

Arach-namole

1/4 cup (calculated without chips) equals 137 calories, 11 g fat (3 g saturated fat), 12 mg cholesterol, 112 mg sodium, 8 g carbohydrate, 4 g fiber, 2 g protein.

Asian Burgers

1 burger equals 508 calories, 31 g fat (8 g saturated fat), 75 mg cholesterol, 787 mg sodium, 29 g carbohydrate, 3 g fiber, 27 g protein.

Asian-Style Baby Back Ribs

1 serving equals 787 calories, 47 g fat (17 g saturated fat), 184 mg cholesterol, 5,848 mg sodium, 45 g carbohydrate, 1 g fiber, 43 g protein.

Aunt Ruth's Famous Butterscotch Cheesecake

1 slice equals 473 calories, 30 g fat (18 g saturated fat), 141 mg cholesterol, 460 mg sodium, 42 g carbohydrate, trace fiber, 10 g protein.

Black Bean Cakes with Mole Salsa

1 cake with about 3 Tbsp. salsa equals 206 calories, 10 g fat (3 g saturated fat), 39 mg cholesterol, 397 mg sodium, 23 g carbohydrate, 6 g fiber, 8 g protein. Diabetic Exchanges: 2 fat, 1 starch, 1 very lean meat.

Brined Grilled Turkey Breast

5 oz. cooked turkey equals 367 calories, 19 g fat (2 g saturated fat), 94 mg cholesterol, 930 mg sodium, 9 g carbohydrate, trace fiber, 38 g protein.

Chicken Lettuce Cups

1 lettuce cup (calculated without garnishes) equals 115 calories, 6 g fat (1 g saturated fat), 38 mg cholesterol, 525 mg sodium, 5 g carbohydrate, 1 g fiber, 10 g protein.

Chicken Stew with Balsamic Roasted Vegetables

298 calories, 4.6 g total fat (0.5 g saturated fat), 31 g protein, 30 g carbohydrate, 3.8 g fiber, 66 mg cholesterol, 362 mg sodium.

Classic Turkey Gravy

1/4 cup equals 45 calories, 3 g fat (1 g saturated fat), 4 mg cholesterol, 127 mg sodium, 3 g carbohydrate, trace fiber, 1 g protein.

Cranberry-Kissed Pork Chops

1 pork chop with about 1 Tbsp. sauce equals 229 calories, 8 g fat (3 g saturated fat), 68 mg cholesterol, 119 mg sodium, 10 g carbohydrate, 1 g fiber, 27 g protein. Diabetic Exchanges: 4 lean meat, 1 starch.

Date Pinwheels

1 cookie equals 43 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 18 mg sodium, 7 g carbohydrate, trace fiber, trace protein. Diabetic Exchange: 1/2 starch.

Dipped Lemon Spritz

1 cookie equals 83 calories, 5 g fat (3 g saturated fat), 10 mg cholesterol, 5 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchanges: 1 fat, 1/2 starch.

Easy Pumpkin Pie

1 piece equals 275 calories, 11 g fat (5 g saturated fat), 94 mg cholesterol, 306 mg sodium, 38 g carbohydrate, 1 g fiber, 6 g protein.

"Everything" Stuffing

3/4 cup equals 267 calories, 13 g fat (4 g saturated fat), 21 mg cholesterol, 796 mg sodium, 30 g carbohydrate, 3 g fiber, 8 g protein.

Flatbread Tacos with Ranch Sour Cream

1 taco equals 452 calories, 21 g fat (10 g saturated fat), 62 mg cholesterol, 1,368 mg sodium, 41 g carbohydrate, 4 g fiber, 23 g protein.

German Oktoberfest Pizza

1 piece equals 569 calories, 32 g fat (14 g saturated fat), 82 mg cholesterol, 1,749 mg sodium, 46 g carbohydrate, 3 g fiber, 21 g protein.

Glazed Shrimp & Asparagus

1 cup shrimp mixture with about 1 cup pasta equals 386 calories, 8 g fat (1 g saturated fat), 138 mg cholesterol, 376 mg sodium, 53 g carbohydrate, 8 g fiber, 29 g protein.

Gorgonzola Penne with Chicken

1-1/4 cups (calculated without Parmigiano-Reggiano cheese) equals 489 calories, 23 g fat (14 g saturated fat), 97 mg cholesterol, 453 mg sodium, 43 g carbohydrate, 3 g fiber, 26 g protein.

Herb-Roasted Turkey

8 oz. cooked turkey equals 599 calories, 32 g fat (8 g saturated fat), 245 mg cholesterol, 342 mg sodium, 1 g carbohydrate, trace fiber, 72 g protein.

His Favorite Ravioli

1 cup equals 505 calories, 22 g fat (12 g saturated fat), 129 mg cholesterol, 1,102 mg sodium, 59 g carbohydrate, 8 g fiber, 19 g protein.

Honey and Cherry Chutney

1/4 cup equals 209 calories, 5 g fat (trace saturated fat), 0 cholesterol, 9 mg sodium, 43 g carbohydrate, 1 g fiber, 3 g protein.

Italian Meatball Tortes

1 wedge equals 840 calories, 39 g fat (15 g saturated fat), 231 mg cholesterol, 1,678 mg sodium, 65 g carbohydrate, 5 g fiber, 55 g protein.

Jack-o'-Lantern Popcorn Balls

1 popcorn ball equals 477 calories, 15 g fat (4 g saturated fat), 3 mg cholesterol, 422 mg sodium, 87 g carbohydrate, 2 g fiber, 2 g protein.

Kelsey's Favorite Cranberry Bread

1 slice equals 260 calories, 6 g fat (4 g saturated fat), 33 mg cholesterol, 349 mg sodium, 49 g carbohydrate, 1 g fiber, 3 g protein.

Layered Turtle Cheesecake

1 slice (calculated without garnish) equals 664 calories, 46 g fat (25 g saturated fat), 182 mg cholesterol, 330 mg sodium, 55 g carbohydrate, 2 g fiber, 11 g protein. Leg Bones

1 breadstick equals 83 calories, 3 g fat (2 g saturated fat), 4 mg cholesterol, 227 mg sodium, 13 g carbohydrate, trace fiber, 2 g protein. Diabetic Exchange: 1 starch.

Macaroon Kisses

1 cookie equals 120 calories, 7 g fat (5 g saturated fat), 11 mg cholesterol, 85 mg sodium, 14 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat.

Make-Ahead Mashed Potatoes

3/4 cup equals 220 calories, 7 g fat (4 g saturated fat), 22 mg cholesterol, 316 mg sodium, 32 g carbohydrate, 3 g fiber, 7 g protein. Diabetic Exchanges: 2 starch, 1 fat.

Makeover Fancy Bean Casserole

2/3 cup equals 213 calories, 8 g fat (3 g saturated fat), 17 mg cholesterol, 355 mg sodium, 32 g carbohydrate, 5 g fiber, 7 g protein. Diabetic Exchanges: 2 vegetable, 1-1/2 starch, 1 fat.

Mango Chicken with Plum Sauce

2 cups stir-fry with 1/3 cup rice equals 413 calories, 10 g fat (1 g saturated fat), 54 mg cholesterol, 888 mg sodium, 54 g carbohydrate, 6 g fiber, 27 g protein.

Marinated Salad

3/4 cup equals 144 calories, 12 g fat (1 g saturated fat), 0 cholesterol, 646 mg sodium, 7 g carbohydrate, 2 g fiber, 2 g protein.

Old-Fashioned Brown Bread

1 slice equals 124 calories, 3 g fat (2 g saturated fat), 8 mg cholesterol, 170 mg sodium, 21 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchange: 1-1/2 starch.

Orange-Cashew Chicken and Rice

2/3 cup chicken mixture with 2/3 cup rice equals 389 calories, 14 g fat (2 g saturated fat), 63 mg cholesterol, 1,249 mg sodium, 35 g carbohydrate, 2 g fiber, 30 g protein.

Peach Melba Cheesecake

1 slice (calculated without garnish) equals 419 calories, 22 g fat (14 g saturated fat), 67 mg cholesterol, 411 mg sodium, 45 g carbohydrate, 1 g fiber, 10 g protein.

Pear Harvest Salad

1 serving equals 438 calories, 23 g fat (4 g saturated fat), 89 mg cholesterol, 549 mg sodium, 26 g carbohydrate, 5 g fiber, 34 g protein.

Pecan Roll-Ups

1 cookie equals 55 calories, 4 g fat (2 g saturated fat), 8 mg cholesterol, 27 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein. Diabetic Exchange: 1 fat.

Pina Colada Cheesecake

1 slice equals 448 calories, 26 g fat (16 g saturated fat), 105 mg cholesterol, 393 mg sodium, 46 g carbohydrate, 1 g fiber, 9 g protein.

Pizza Snake

1 slice with 2 Tbsp. sauce equals 312 calories, 12 g fat (5 g saturated fat), 64 mg cholesterol, 1,024 mg sodium, 34 g carbohydrate, 2 g fiber, 15 g protein.

Pumpkin Creme Brulee

1 serving equals 452 calories, 38 g fat (22 g saturated fat), 327 mg cholesterol, 43 mg sodium, 26 g carbohydrate, 1 g fiber, 5 g protein.

Pumpkin Walnut Cheesecake

1 slice equals 667 calories, 43 g fat (22 g saturated fat), 187 mg cholesterol, 379 mg sodium, 65 g carbohydrate, 3 g fiber, 11 g protein.

Quick Chicken and Dumplings

1-1/2 cups equals 417 calories, 20 g fat (5 g saturated fat), 83 mg cholesterol, 1,285 mg sodium, 25 g carbohydrate, 2 g fiber, 33 g protein.

Sangria Gelatin Dessert

1 serving equals 95 calories, trace fat (trace saturated fat), 0 cholesterol, 83 mg sodium, 13 g carbohydrate, 2 g fiber, 2 g protein. Diabetic Exchange: 1 fruit.

Scalloped Oysters

1 serving equals 273 calories, 16 g fat (7 g saturated fat), 187 mg cholesterol, 284 mg sodium, 16 g carbohydrate, trace fiber, 12 g protein.

Scarborough Fair Stuffing

3/4 cup equals 229 calories, 13 g fat (7 g saturated fat), 74 mg cholesterol, 622 mg sodium, 23 g carbohydrate, 2 g fiber, 6 g protein.

Speedy Jambalaya

1 cup jambalaya with 1/2 cup rice equals 346 calories, 10 g fat (3 g saturated fat), 55 mg cholesterol, 1,020 mg sodium, 49 g carbohydrate, 6 g fiber, 17 g protein.

Shrimp Pot Stickers with Ginger-Lemon Sauce

4 pot stickers with about 1 Tbsp. sauce equals 177 calories, 9 g fat (1 g saturated fat), 63 mg cholesterol, 546 mg sodium, 15 g carbohydrate, 1 g fiber, 8 g protein.

Skillet Shepherd's Pie

1 serving equals 782 calories, 45 g fat (24 g saturated fat), 206 mg cholesterol, 1,756 mg sodium, 40 g carbohydrate, 3 g fiber, 52 g protein.

Smoked Salmon-Dijon Creme Fraiche Canapes

8 canapes equals 186 calories, 6 g fat (2 g saturated fat), 15 mg cholesterol, 683 mg sodium, 23 g carbohydrate, 3 g fiber, 11 g protein.

Spiced Apple-Cranberry Crepes

2 filled crepes equals 337 calories, 18 g fat (10 g saturated fat), 85 mg cholesterol, 212 mg sodium, 39 g carbohydrate, 2 g fiber, 6 g protein.

Spicy Chorizo & Shrimp Rice

1-1/4 cups equals 478 calories, 20 g fat (7 g saturated fat), 126 mg cholesterol, 1,282 mg sodium, 43 g carbohydrate, 2 g fiber, 27 g protein.

Stew-Pendous Beef Stew

400 calories, 12.6 g total fat (3.9 g saturated fat), 39 g protein, 31 g carbohydrate, 4.4 g fiber, 91 mg cholesterol, 699 mg sodium.

Sugar Ghost Cupcakes

Nutrition Facts do not apply.

Swamp Juice a la Slime

3/4 cup equals 142 calories, trace fat (trace saturated fat), 0 cholesterol, 21 mg sodium, 36 g carbohydrate, trace fiber, 1g protein

Sweet Potato Pie & Maple Praline Sauce

1 piece with 8 teaspoons sauce equals 616 calories, 35 g fat (14 g saturated fat), 129 mg cholesterol, 237 mg sodium, 71 g carbohydrate, 3 g fiber, 6 g protein.

Sweet Potatoes and Apples

3/4 cup equals 143 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 56 mg sodium, 27 g carbohydrate, 2 g fiber, 1 g protein. Diabetic Exchanges: 1 starch, 1 fat, 1/2 fruit.

Taste-of-Fall Salad

1 serving equals 228 calories, 19 g fat (3 g saturated fat), 2 mg cholesterol, 135 mg sodium, 15 g carbohydrate, 3 g fiber, 3 g protein.

Thai Beef Salad

1 serving (calculated without peanuts) equals 365 calories, 16 g fat (2 g saturated fat), 42 mg cholesterol, 909 mg sodium, 36 g carbohydrate, 2 g fiber, 21 g protein.

Turkey Focaccia Club

1 wedge equals 707 calories, 41 g fat (10 g saturated fat), 96 mg cholesterol, 1,153 mg sodium, 53 g carbohydrate, 2 g fiber, 32 g protein.

Vegetarian Polka Dot Stew

1-1/2 cups (calculated without cheese) equals 309 calories, 2 g fat (trace saturated fat), 0 cholesterol, 879 mg sodium, 60 g carbohydrate, 10 g fiber, 14 g protein.

Wild Mushroom Soup "Cappuccino"

1/2 cup (calculated without garnishes) equals 184 calories, 16 g fat (10 g saturated fat), 55 mg cholesterol, 1,224 mg sodium, 9 g carbohydrate, 1 g fiber, 2 g protein.

Winter Squash Souffle Bake

1 serving equals 212 calories, 13 g fat (7 g saturated fat), 193 mg cholesterol, 361 mg sodium, 19 g carbohydrate, 4 g fiber, 7 g protein.