

A.M. RUSH ESPRESSO SMOOTHIE

1-1/2 cups equals 148 calories, 2 g fat (trace saturated fat), 2 mg cholesterol, 54 mg sodium, 31 g carbohydrate, 3 g fiber, 6 g protein.

APPLE NACHOS

1 serving equals 149 calories, 6 g fat (3 g saturated fat), 8 mg cholesterol, 76 mg sodium, 25 g carbohydrate, 1 g fiber, 2 g protein.

BACON-CHEESE STUFFED SHELLS

2 stuffed shells equals 554 calories, 42 g fat (26 g saturated fat), 139 mg cholesterol, 975 mg sodium, 21 g carbohydrate, 1 g fiber, 26 g protein.

BAKED BROCCOLINI

1 serving equals 97 calories, 7 g fat (1 g saturated fat), 0 cholesterol, 320 mg sodium, 7 g carbohydrate, 1 g fiber, 3 g protein.

BAKED FISH WITH CHEESE SAUCE

1 fillet with 3 Tbsp. sauce equals 206 calories, 9 g fat (5 g saturated fat), 94 mg cholesterol, 279 mg sodium, 7 g carbohydrate, trace fiber, 24 g protein.

BALSAMIC PORK SCALLOPINE

3 oz. cooked pork with 3/4 cup noodles and 2 Tbsp. sauce equals 533 calories, 25 g fat (9 g saturated fat), 122 mg cholesterol, 280 mg sodium, 43 g carbohydrate, 2 g fiber, 32 g protein.

BANANA RUM SUNDAES

1/2 cup banana mixture with 2/3 cup ice cream equals 452 calories, 17 g fat (10 g saturated fat), 54 mg cholesterol, 123 mg sodium, 71 g carbohydrate, 3 g fiber, 5 g protein.

BUFFALO RANCH POPCORN

1 cup equals 82 calories, 6 g fat (2 g saturated fat), 4 mg cholesterol, 395 mg sodium, 6 g carbohydrate, 1 g fiber, 1 g protein.

CAN'T MISS COCONUT CUSTARD PIE

1 piece equals 322 calories, 15 g fat (8 g saturated fat), 90 mg cholesterol, 345 mg sodium, 42 g carbohydrate, 1 g fiber, 7 g protein.

CHAMPAGNE-BASTED TURKEY

8 oz. cooked turkey with 5 tsp. gravy equals 518 calories, 25 g fat (9 g saturated fat), 224 mg cholesterol, 522 mg sodium, 3 g carbohydrate, 1 g fiber, 64 g protein.

CHERRY-BRANDY BAKED BRIE

1 serving (calculated without baguette) equals 210 calories, 13 g fat (5 g saturated fat), 28 mg cholesterol, 182 mg sodium, 14 g carbohydrate, 1 g fiber, 7 g protein.

CHOCOLATE CHIP-BANANA BELGIAN WAFFLES

1 serving (calculated without walnuts and fudge sauce) equals 335 calories, 11 g fat (3 g saturated fat), 35 mg cholesterol, 471 mg sodium, 59 g carbohydrate, 2 g fiber, 4 g protein.

CHOCOLATE TOFFEE DELIGHTS

1 bar equals 149 calories, 8 g fat (5 g saturated fat), 13 mg cholesterol, 92 mg sodium, 19 g carbohydrate, trace fiber, 2 g protein.

CINNAMON CHOCOLATE MINTIES

1 cookie equals 73 calories, 3 g fat (2 g saturated fat), 9 mg cholesterol, 23 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein.

COCONUT ALMOND BOMBS

1 cookie equals 232 calories, 14 g fat (10 g saturated fat), 7 mg cholesterol, 32 mg sodium, 27 g carbohydrate, 1 g fiber, 2 g protein.

CRANBERRY PECAN STUFFING

3/4 cup equals 219 calories, 11 g fat (4 g saturated fat), 16 mg cholesterol, 532 mg sodium, 27 g carbohydrate, 2 g fiber, 4 g protein.

CRANBERRY-APPLE CHUTNEY

1/4 cup equals 147 calories, 2 g fat (trace saturated fat), 0 cholesterol, 41 mg sodium, 32 g carbohydrate, 2 g fiber, 1 g protein.

CRANBURGERS WITH SWEET POTATO FRIES

1 burger with 2/3 cup fries equals 640 calories, 26 g fat (7 g saturated fat), 78 mg cholesterol, 792 mg sodium, 79 g carbohydrate, 4 g fiber, 25 g protein.

CREAM OF WALNUT SOUP

3/4 cup equals 365 calories, 32 g fat (10 g saturated fat), 51 mg cholesterol, 824 mg sodium, 12 g carbohydrate, 2 g fiber, 9 g protein.

CREAMY PUMPKIN POLENTA

3/4 cup equals 191 calories, 7 g fat (4 g saturated fat), 21 mg cholesterol, 453 mg sodium, 27 g carbohydrate, 4 g fiber, 5 g protein.

CRISPY TACO WINGS

1 chicken wing equals 164 calories, 12 g fat (4 g saturated fat), 45 mg cholesterol, 203 mg sodium, 4 g carbohydrate, trace fiber, 9 g protein.

CUCCIDATI

1 cookie equals 132 calories, 4 g fat (1 g saturated fat), 7 mg cholesterol, 67 mg sodium, 24 g carbohydrate, 1 g fiber, 1 g protein.

DARIA'S BEST-EVER SUGAR COOKIES

1 cookie equals 55 calories, 3 g fat (1 g saturated fat), 11 mg cholesterol, 25 mg sodium, 7 g carbohydrate, trace fiber, 1 g protein.

DIJON-WALNUT SPINACH SALAD

3/4 cup equals 120 calories, 7 g fat (1 g saturated fat), 5 mg cholesterol, 177 mg sodium, 12 g carbohydrate, 2 g fiber, 3 g protein.

EASY PARMESAN BISCUITS

1 biscuit equals 177 calories, 10 g fat (6 g saturated fat), 25 mg cholesterol, 462 mg sodium, 16 g carbohydrate, 0 fiber, 6 g protein.

EVERYTHING BREAD

1 slice equals 102 calories, 2 g fat (1 g saturated fat), 14 mg cholesterol, 237 mg sodium, 17 g carbohydrate, 1 g fiber, 3 g protein.

EXTRA-SPECIAL CASHEW CRESCENTS

1 cookie (calculated without optional cashews) equals 48 calories, 2 g fat (1 g saturated fat), 4 mg cholesterol, 20 mg sodium, 6 g carbohydrate, trace fiber, 1 g protein.

EYES ON YOU

Nutrition Facts not available.

FOOLPROOF GRAVY

2 Tbsp. equals 165 calories, 17 g fat (7 g saturated fat), 17 mg cholesterol, 103 mg sodium, 2 g carbohydrate, trace fiber, trace protein.

GERMAN CHOCOLATE THUMBPRINTS

1 cookie equals 97 calories, 6 g fat (3 g saturated fat), 10 mg cholesterol, 42 mg sodium, 11 g carbohydrate, 1 g fiber, 1 g protein.

GINGERBREAD CARAMEL CRUNCH

1 cup equals 167 calories, 7 g fat (4 g saturated fat), 17 mg cholesterol, 144 mg sodium, 27 g carbohydrate, 1 g fiber, 1 g protein.

GO NUTS! COCONUT CARAMELS

1 piece equals 70 calories, 4 g fat (2 g saturated fat), 1 mg cholesterol, 38 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein.

GORGONZOLA-PEAR MESCLUN SALAD

3/4 cup equals 202 calories, 16 g fat (4 g saturated fat), 10 mg cholesterol, 261 mg sodium, 10 g carbohydrate, 3 g fiber, 6 g protein.

GRANOLA-TO-GO BARS

1 bar equals 130 calories, 7 g fat (3 g saturated fat), 15 mg cholesterol, 40 mg sodium, 16 g carbohydrate, 2 g fiber, 2 g protein.

GREEK DELI KABOBS

1 kabob equals 109 calories, 7 g fat (4 g saturated fat), 19 mg cholesterol, 374 mg sodium, 2 g carbohydrate, trace fiber, 8 g protein.

GREEN BEANS IN YELLOW PEPPER BUTTER

1 serving equals 146 calories, 12 g fat (7 g saturated fat), 26 mg cholesterol, 150 mg sodium, 9 g carbohydrate, 3 g fiber, 3 g protein.

GREEN-EYED MONSTER

Nutrition Facts not available.

GRILLED PEACH BBQ CHICKEN WINGS

1 serving equals 906 calories, 43 g fat (12 g saturated fat), 176 mg cholesterol, 1,252 mg sodium, 70 g carbohydrate, 2 g fiber, 59 g protein.

HERBED CORN

3/4 cup equals 302 calories, 19 g fat (11 g saturated fat), 45 mg cholesterol, 441 mg sodium, 33 g carbohydrate, 5 g fiber, 6 g protein.

HONEY-GLAZED HENS WITH FRUIT STUFFING

1 stuffed hen equals 1,186 calories, 84 g fat (35 g saturated fat), 441 mg cholesterol, 1,146 mg sodium, 42 g carbohydrate, 3 g fiber, 63 g protein.

HONEY-THYME BUTTERNUT SQUASH

3/4 cup equals 145 calories, 5 g fat (3 g saturated fat), 14 mg cholesterol, 161 mg sodium, 26 g carbohydrate, 7 g fiber, 2 g protein.

HOT HAM & CHEESE SLICES

1 slice equals 469 calories, 29 g fat (12 g saturated fat), 51 mg cholesterol, 537 mg sodium, 36 g carbohydrate, 5 g fiber, 17 g protein.

ITALIAN SAUSAGE GRINDERS

1 sandwich with 1/4 cup sauce and 1 tsp. cheese equals 467 calories, 23 g fat (7 g saturated fat), 46 mg cholesterol, 1,056 mg sodium, 43 g carbohydrate, 2 g fiber, 22 g protein.

KIDS' FAVORITE PUMPKIN SEEDS

1/4 cup equals 122 calories, 9 g fat (4 g saturated fat), 15 mg cholesterol, 158 mg sodium, 9 g carbohydrate, 1 g fiber, 3 g protein.

LAYERED PESTO CHEESE SPREAD

2 Tbsp. (calculated without crackers or pita chips) equals 116 calories, 12 g fat (6 g saturated fat), 27 mg cholesterol, 129 mg sodium, 1 g carbohydrate, trace fiber, 2 g protein.

LEMONY BRUSSELS SPROUTS

1 serving equals 51 calories, trace fat (trace saturated fat), 0 cholesterol, 78 mg sodium, 11 g carbohydrate, 4 g fiber, 4 g protein.

LIME-BUTTERED BROCCOLI

3/4 cup equals 58 calories, 5 g fat (3 g saturated fat), 11 mg cholesterol, 123 mg sodium, 4 g carbohydrate, 2 g fiber, 2 g protein.

MAUI-INSPIRED TURKEY BREAST ROLL

1 slice with about 2 Tbsp. gravy equals 489 calories, 26 g fat (10 g saturated fat), 111 mg cholesterol, 683 mg sodium, 28 g carbohydrate, 2 g fiber, 37 g protein.

MINI CINNAMON ROLL COOKIES

1 cookie equals 189 calories, 9 g fat (6 g saturated fat), 38 mg cholesterol, 105 mg sodium, 25 g carbohydrate, trace fiber, 2 g protein.

MINI SWEET POTATO MUFFINS

1 muffin equals 51 calories, 1 g fat (trace saturated fat), 8 mg cholesterol, 45 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein.

MOLASSES COOKIES WITH A KICK

1 cookie equals 41 calories, 2 g fat (1 g saturated fat), 6 mg cholesterol, 28 mg sodium, 7 g carbohydrate, trace fiber, trace protein.

MOROCCAN VEGETARIAN STEW

1-1/2 cups equals 172 calories, 3 g fat (trace saturated fat), 0 cholesterol, 174 mg sodium, 34 g carbohydrate, 8 g fiber, 5 g protein.

MUSHROOM TURKEY TETRAZZINI

1 cup equals 362 calories, 7 g fat (3 g saturated fat), 75 mg cholesterol, 592 mg sodium, 40 g carbohydrate, 2 g fiber, 33 g protein.

NUTTY CHOCOLATE BATONS

1 cookie equals 39 calories, 3 g fat (1 g saturated fat), 6 mg cholesterol, 13 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein.

ORANGE YOU SPIKY

Nutrition Facts not available.

PARTY CARAMEL APPLES

1 caramel apple equals 911 calories, 31 g fat (19 g saturated fat), 65 mg cholesterol, 293 mg sodium, 161 g carbohydrate, 4 g fiber, 6 g protein.

PENNY'S APPLE BROWN SUGAR COFFEE CAKE

1 slice equals 419 calories, 22 g fat (3 g saturated fat), 53 mg cholesterol, 200 mg sodium, 55 g carbohydrate, 3 g fiber, 5 g protein.

POLYNESIAN PARFAITS

1 parfait equals 293 calories, 5 g fat (1 g saturated fat), 6 mg cholesterol, 79 mg sodium, 57 g carbohydrate, 6 g fiber, 11 g protein.

PRETTY PUMPKIN WONTONS

1 wonton with 2 tsp. dip equals 81 calories, 4 g fat (1 g saturated fat), 5 mg cholesterol, 111 mg sodium, 11 g carbohydrate, 1 g fiber, 2 g protein.

PUMPKIN CHEESECAKE PIE

1 piece equals 456 calories, 28 g fat (13 g saturated fat), 137 mg cholesterol, 246 mg sodium, 47 g carbohydrate, 3 g fiber, 8 g protein.

PUMPKIN PANCAKES WITH CINNAMON BROWN BUTTER

2 pancakes with about 2 Tbsp. butter equals 394 calories, 24 g fat (11 g saturated fat), 105 mg cholesterol, 612 mg sodium, 38 g carbohydrate, 3 g fiber, 9 g protein.

PUMPKIN-FILLED CRESCENT ROLLS

1 crescent roll equals 156 calories, 10 g fat (5 g saturated fat), 41 mg cholesterol, 106 mg sodium, 15 g carbohydrate, 1 g fiber, 2 g protein.

PURPLE PEOPLE-EATER

Nutrition Facts not available.

ROASTED HARVEST VEGETABLES

3/4 cup equals 114 calories, 6 g fat (1 g saturated fat), 0 cholesterol, 97 mg sodium, 13 g carbohydrate, 3 g fiber, 2 g protein.

ROSEMARY-PARMESAN POPCORN

1 cup equals 113 calories, 10 g fat (4 g saturated fat), 13 mg cholesterol, 290 mg sodium, 5 g carbohydrate, 1 g fiber, 1 g protein.

SALSA VERDE

1/4 cup (calculated without chips) equals 42 calories, 3 g fat (trace saturated fat), 0 cholesterol, 121 mg sodium, 3 g carbohydrate, 2 g fiber, 1 g protein.

SAMMIE'S BREAKFAST BURRITOS

1 burrito equals 211 calories, 11 g fat (4 g saturated fat), 233 mg cholesterol, 510 mg sodium, 16 g carbohydrate, 1 g fiber, 13 g protein.

SLOPPY JOSE SUPPER

1 serving (calculated without sour cream) equals 363 calories, 16 g fat (7 g saturated fat), 98 mg cholesterol, 753 mg sodium, 29 g carbohydrate, 1 g fiber, 24 g protein.

SPAGHETTI AND MEATBALLS WITH GARLIC CRUMBS

1 serving equals 750 calories, 20 g fat (5 g saturated fat), 123 mg cholesterol, 1,999 mg sodium, 107 g carbohydrate, 11 g fiber, 39 g protein.

SPICY GARLIC SHRIMP

1 shrimp equals 27 calories, 1 g fat (1 g saturated fat), 21 mg cholesterol, 26 mg sodium, trace carbohydrate, trace fiber, 2 g protein.

SWEET SPICED CARAMEL APPLES

1 caramel apple equals 874 calories, 42 g fat (25 g saturated fat), 79 mg cholesterol, 236 mg sodium, 125 g carbohydrate, 4 g fiber, 5 g protein.

SWEET-TOOTH POPCORN

1 cup equals 400 calories, 26 g fat (12 g saturated fat), 1 mg cholesterol, 145 mg sodium, 40 g carbohydrate, 2 g fiber, 5 g protein.

TEX-MEX POPCORN

1 cup equals 44 calories, 3 g fat (trace saturated fat), 0 cholesterol, 150 mg sodium, 5 g carbohydrate, 1 g fiber, 1 g protein.

THE BEST EGGPLANT PARMESAN

1 piece equals 562 calories, 38 g fat (14 g saturated fat), 138 mg cholesterol, 778 mg sodium, 31 g carbohydrate, 7 g fiber, 29 g protein.

TOFFEE-CRUNCH COFFEE SUNDAES

1 sundae (calculated without whipped cream and additional candy) equals 571 calories, 35 g fat (20 g saturated fat), 53 mg cholesterol, 113 mg sodium, 67 g carbohydrate, 3 g fiber, 8 g protein.

TOUCH-OF-GOLD CHRISTMAS TREES

1 cookie equals 89 calories, 5 g fat (3 g saturated fat), 14 mg cholesterol, 38 mg sodium, 10 g carbohydrate, trace fiber, 1 g protein.

TURKEY DINNER CUPCAKES

Nutrition Facts not available.

TURKEY SALTIMBOCCA

3 oz. cooked turkey with 1 Tbsp. prosciutto mixture equals 300 calories, 17 g fat (8 g saturated fat), 92 mg cholesterol, 279 mg sodium, 4 g carbohydrate, trace fiber, 29 g protein.

TURKEY WHITE BEAN SOUP

1-1/2 cups equals 318 calories, 15 g fat (5 g saturated fat), 74 mg cholesterol, 902 mg sodium, 16 g carbohydrate, 5 g fiber, 29 g protein.

TWICE-BAKED SWEET POTATOES

1 serving equals 350 calories, 18 g fat (12 g saturated fat), 56 mg cholesterol, 441 mg sodium, 43 g carbohydrate, 4 g fiber, 5 g protein.

UPSIDE-DOWN APPLE PIE

1 piece equals 791 calories, 44 g fat (19 g saturated fat), 68 mg cholesterol, 483 mg sodium, 96 g carbohydrate, 4 g fiber, 7 g protein.

WHITE CHOCOLATE-ALMOND DIPPED COOKIES

1 cookie equals 138 calories, 9 g fat (5 g saturated fat), 13 mg cholesterol, 39 mg sodium, 13 g carbohydrate, 1 g fiber, 2 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.