

## BEEF STROGANOFF

1 cup (calculated without noodles) equals 338 calories, 21 g fat (13 g saturated fat), 107 mg cholesterol, 581 mg sodium, 11 g carbohydrate, 1 g fiber, 21 g protein.

## BEST BET BURGERS

1 burger (calculated without Buffalo Burger Topping) equals 472 calories, 24 g fat (9 g saturated fat), 185 mg cholesterol, 669 mg sodium, 24 g carbohydrate, 1 g fiber, 38 g protein.

## BLUEBERRY-RHUBARB CRUMBLE

1 serving (calculated without whipped cream) equals 305 calories, 8 g fat (5 g saturated fat), 20 mg cholesterol, 64 mg sodium, 58 g carbohydrate, 3 g fiber, 3 g protein.

## BRIQUETTE SCALLOPED POTATOES

3/4 cup equals 225 calories, 9 g fat (7 g saturated fat), 32 mg cholesterol, 463 mg sodium, 28 g carbohydrate, 2 g fiber, 8 g protein.

## BUFFALO BURGER TOPPING

1 serving equals 284 calories, 28 g fat (7 g saturated fat), 26 mg cholesterol, 304 mg sodium, 5 g carbohydrate, trace fiber, 2 g protein.

## CAKE & BERRY CAMPFIRE COBBLER

1 serving (calculated without ice cream) equals 342 calories, 12 g fat (2 g saturated fat), 0 cholesterol, 322 mg sodium, 57 g carbohydrate, 2 g fiber, 1 g protein.

## CAROLINE'S BASIL BOATS

1 filled basil leaf equals 36 calories, 3 g fat (1 g saturated fat), 2 mg cholesterol, 127 mg sodium, 2 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 fat

## CASHEW TURKEY SALAD SANDWICHES

1 sandwich equals 298 calories, 9 g fat (2 g saturated fat), 51 mg cholesterol, 664 mg sodium, 32 g carbohydrate, 4 g fiber, 22 g protein. **Diabetic Exchanges:** 2 starch, 2 very lean meat, 1-1/2 fat

## CHEDDAR FRENCH DIP SANDWICHES

1 sandwich with 1/3 cup broth equals 664 calories, 27 g fat (15 g saturated fat), 123 mg cholesterol, 1,885 mg sodium, 71 g carbohydrate, 4 g fiber, 40 g protein.

## CHERRY & ALMOND KRISPIE SQUARES

1 square equals 205 calories, 11 g fat (2 g saturated fat), 4 mg cholesterol, 137 mg sodium, 25 g carbohydrate, 2 g fiber, 5 g protein.

## CHERRY-BERRY PIE

1 piece equals 402 calories, 18 g fat (8 g saturated fat), 44 mg cholesterol, 246 mg sodium, 59 g carbohydrate, 2 g fiber, 4 g protein.

## CHICKEN ENCHILADA BAKE

1 cup equals 469 calories, 29 g fat (14 g saturated fat), 113 mg cholesterol, 1,077 mg sodium, 16 g carbohydrate, 1 g fiber, 34 g protein.

## CHICKEN TACO BURGERS

1 burger with 1 serving Southwest Burger Toppings equals 468 calories, 26 g fat (8 g saturated fat), 150 mg cholesterol, 952 mg sodium, 34 g carbohydrate, 6 g fiber, 30 g protein.

## CHICKEN WITH ROSEMARY BUTTER SAUCE

1 chicken breast half with 3 Tbsp. sauce equals 351 calories, 25 g fat (15 g saturated fat), 134 mg cholesterol, 148 mg sodium, 2 g carbohydrate, 0 fiber, 24 g protein.

## CHIPOTLE SWEET POTATOES

3/4 cup equals 168 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 357 mg sodium, 30 g carbohydrate, 3 g fiber, 1 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

## CHOCOLATE COCONUT SLICES

1 cookie equals 91 calories, 6 g fat (3 g saturated fat), 13 mg cholesterol, 47 mg sodium, 9 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

## CHOCOLATE LOVER'S DREAM COOKIES

1 cookie equals 112 calories, 6 g fat (3 g saturated fat), 14 mg cholesterol, 19 mg sodium, 15 g carbohydrate, 1 g fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

## CHOCOLATE MALT KRISPIE BARS

1 square equals 256 calories, 10 g fat (6 g saturated fat), 7 mg cholesterol, 118 mg sodium, 42 g carbohydrate, 1 g fiber, 3 g protein.

## CIDER MUSHROOM BRISKET

6 oz. cooked meat with 1/2 cup cooking juices equals 475 calories, 29 g fat (12 g saturated fat), 140 mg cholesterol, 586 mg sodium, 9 g carbohydrate, trace fiber, 39 g protein.

## CINNAMON BISCUIT PEACH COBBLER

1 serving equals 329 calories, 13 g fat (5 g saturated fat), 21 mg cholesterol, 210 mg sodium, 52 g carbohydrate, 3 g fiber, 5 g protein.

## COFFEE-FLAVORED BEEF ROAST

6 oz. cooked beef with 1/2 cup vegetables and 1/4 cup gravy equals 405 calories, 12 g fat (4 g saturated fat), 145 mg cholesterol, 404 mg sodium, 24 g carbohydrate, 4 g fiber, 49 g protein.

## COLOSSAL BATCH OF OATMEAL COOKIES

1 cookie equals 95 calories, 5 g fat (2 g saturated fat), 13 mg cholesterol, 82 mg sodium, 13 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

## CREAMY PASTA WITH BACON

3/4 cup equals 474 calories, 33 g fat (17 g saturated fat), 202 mg cholesterol, 440 mg sodium, 29 g carbohydrate, 2 g fiber, 15 g protein.

## DUTCH OVEN PORK ROAST

4 oz. cooked pork with 1/3 cup sauce equals 248 calories, 7 g fat (3 g saturated fat), 75 mg cholesterol, 445 mg sodium, 11 g carbohydrate, 2 g fiber, 32 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch.

## GARLIC LEMON SHRIMP

3/4 cup equals 163 calories, 8 g fat (1 g saturated fat), 138 mg cholesterol, 284 mg sodium, 2 g carbohydrate, trace fiber, 19 g protein. **Diabetic Exchanges:** 3 very lean meat, 1 fat.

## GLAZED PORK CHOPS

1 pork chop equals 367 calories, 16 g fat (4 g saturated fat), 82 mg cholesterol, 450 mg sodium, 21 g carbohydrate, trace fiber, 33 g protein.

## GNOCCHI ALFREDO

1 cup gnocchi with 1/3 cup sauce equals 529 calories, 14 g fat (8 g saturated fat), 46 mg cholesterol, 996 mg sodium, 81 g carbohydrate, 5 g fiber, 19 g protein.

## GOOEY CHOCOLATE COOKIES

1 cookie equals 69 calories, 4 g fat (2 g saturated fat), 13 mg cholesterol, 90 mg sodium, 8 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

## GREEK CHICKPEA & WALNUT BURGERS

1 burger with 1 serving Tzatziki Toppings equals 425 calories, 17 g fat (3 g saturated fat), 93 mg cholesterol, 908 mg sodium, 53 g carbohydrate, 9 g fiber, 19 g protein.

## GRILLED SALMON WITH GARLIC MAYO

1 salmon fillet with 1/4 cup mayonnaise equals 730 calories, 63 g fat (10 g saturated fat), 116 mg cholesterol, 420 mg sodium, 4 g carbohydrate, trace fiber, 35 g protein.

## GRILLED SHRIMP WITH APRICOT SAUCE

1 skewer with about 2 Tbsp. sauce equals 208 calories, 4 g fat (1 g saturated fat), 80 mg cholesterol, 613 mg sodium, 28 g carbohydrate, trace fiber, 17 g protein.

## GRILLED SNAPPER WITH CAPER SAUCE

1 fillet with 3 Tbsp. sauce equals 272 calories, 12 g fat (2 g saturated fat), 60 mg cholesterol, 435 mg sodium, 5 g carbohydrate, 1 g fiber, 34 g protein. **Diabetic Exchanges:** 5 very lean meat, 2 fat.

## GRILLED STEAK BRUSCHETTA SALAD

1 serving (calculated without cheese) equals 412 calories, 26 g fat (7 g saturated fat), 76 mg cholesterol, 950 mg sodium, 16 g carbohydrate, 1 g fiber, 28 g protein.

## HARVEST TURKEY BREAD SALAD

1-1/2 cups equals 413 calories, 16 g fat (2 g saturated fat), 75 mg cholesterol, 855 mg sodium, 36 g carbohydrate, 3 g fiber, 31 g protein.

## HEAVENLY ANGEL FOOD CAKE

1 slice equals 382 calories, 12 g fat (8 g saturated fat), 5 mg cholesterol, 306 mg sodium, 62 g carbohydrate, 1 g fiber, 6 g protein.

## LEMON CHICKEN TORTELLINI

1-1/3 cups equals 358 calories, 13 g fat (6 g saturated fat), 69 mg cholesterol, 855 mg sodium, 32 g carbohydrate, 2 g fiber, 29 g protein.

## LIME TARTLETS

1 tartlet equals 121 calories, 7 g fat (3 g saturated fat), 14 mg cholesterol, 86 mg sodium, 13 g carbohydrate, 0 fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1 fat.

## LOW COUNTRY GRILL

1 serving equals 566 calories, 37 g fat (15 g saturated fat), 215 mg cholesterol, 1,536 mg sodium, 26 g carbohydrate, 3 g fiber, 32 g protein.

## MEXICAN LASAGNA WITH CHICKEN, CORN & BLACK BEANS

1 serving equals 319 calories, 7.9 g total fat (3.7 g saturated fat), 31 g protein, 30 g carbohydrate, 5.5 g fiber, 73 mg cholesterol, 749 mg sodium.

## MOIST & TENDER TURKEY BREAST

5 oz. cooked turkey equals 318 calories, 12 g fat (3 g saturated fat), 122 mg cholesterol, 154 mg sodium, 2 g carbohydrate, trace fiber, 47 g protein.

## MY KIDS' FAVORITE COOKIES

1 cookie equals 91 calories, 5 g fat (3 g saturated fat), 12 mg cholesterol, 71 mg sodium, 11 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat.

## NEAPOLITAN KRISPIE BARS

1 bar equals 228 calories, 5 g fat (3 g saturated fat), 8 mg cholesterol, 159 mg sodium, 46 g carbohydrate, 1 g fiber, 2 g protein.

## OMELET CROISSANTS

1 sandwich equals 667 calories, 43 g fat (20 g saturated fat), 427 mg cholesterol, 2,099 mg sodium, 32 g carbohydrate, 2 g fiber, 36 g protein.

## PAPA'S SUGAR COOKIES

1 cookie equals 82 calories, 5 g fat (2 g saturated fat), 9 mg cholesterol, 60 mg sodium, 9 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1 fat, 1/2 starch.

## PARMESAN KNOTS

1 knot equals 46 calories, 2 g fat (trace saturated fat), trace cholesterol, 105 mg sodium, 6 g carbohydrate, trace fiber, 1 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

## PASTRAMI DELI WRAPS

1 wrap equals 271 calories, 10 g fat (4 g saturated fat), 29 mg cholesterol, 697 mg sodium, 29 g carbohydrate, 1 g fiber, 15 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

## PHILLY CHEESESTEAK PIZZA

1 slice equals 464 calories, 24 g fat (11 g saturated fat), 63 mg cholesterol, 834 mg sodium, 36 g carbohydrate, 1 g fiber, 27 g protein.

### POT OF S'MORES

1 serving equals 584 calories, 28 g fat (17 g saturated fat), 31 mg cholesterol, 326 mg sodium, 83 g carbohydrate, 3 g fiber, 8 g protein.

### RASPBERRY LEMONADE PIE

1 piece (calculated without syrup) equals 282 calories, 13 g fat (8 g saturated fat), 15 mg cholesterol, 130 mg sodium, 37 g carbohydrate, 1 g fiber, 2 g protein.

### ROASTED CHICKEN LASAGNA WITH RICOTTA AND SPINACH

1 serving equals 444 calories, 13.5 g total fat (6 g saturated fat), 40 g protein, 40 g carbohydrate, 6.6 g fiber, 105 mg cholesterol, 847 mg sodium.

### ROASTED GARLIC & TOMATO SPREAD

2 Tbsp. equals 89 calories, 7 g fat (4 g saturated fat), 18 mg cholesterol, 133 mg sodium, 4 g carbohydrate, trace fiber, 1 g protein.

### "SECRET'S IN THE SAUCE" BBQ RIBS

1 serving equals 921 calories, 58 g fat (21 g saturated fat), 220 mg cholesterol, 1,402 mg sodium, 50 g carbohydrate, 2 g fiber, 48 g protein.

### SO VERY BERRY BRIE

1 serving (calculated without chips) equals 160 calories, 8 g fat (5 g saturated fat), 28 mg cholesterol, 179 mg sodium, 17 g carbohydrate, 1 g fiber, 6 g protein.

### SOUR CREAM CHEESE PUFFS

1 appetizer equals 74 calories, 3 g fat (2 g saturated fat), 10 mg cholesterol, 164 mg sodium, 9 g carbohydrate, trace fiber, 2 g protein. **Diabetic Exchanges:** 1/2 starch, 1/2 fat.

### SPANISH-STYLE BRUNCH WRAPS

1 wrap equals 437 calories, 26 g fat (5 g saturated fat), 319 mg cholesterol, 640 mg sodium, 38 g carbohydrate, 1 g fiber, 15 g protein.

### SPARKLING KIWI LEMONADE

1 cup equals 166 calories, 1 g fat (trace saturated fat), 0 cholesterol, 3 mg sodium, 42 g carbohydrate, 3 g fiber, 1 g protein.

### STRAWBERRY & WINE SORBET

2/3 cup equals 254 calories, trace fat (trace saturated fat), 0 cholesterol, 4 mg sodium, 59 g carbohydrate, 2 g fiber, 1 g protein.

### TAOS STEAK

4 oz. cooked steak with about 1 Tbsp. salsa equals 827 calories, 60 g fat (36 g saturated fat), 234 mg cholesterol, 1,083 mg sodium, 6 g carbohydrate, trace fiber, 64 g protein.

### T-BONES FOR TWO

1 steak equals 681 calories, 29 g fat (7 g saturated fat), 99 mg cholesterol, 678 mg sodium, 54 g carbohydrate, trace fiber, 47 g protein.

### TERIYAKI PINEAPPLE & PORK CHOPS

1 pork chop with 1-1/2 cups spinach and 2 pineapple spears equals 433 calories, 19 g fat (7 g saturated fat), 111 mg cholesterol, 1,644 mg sodium, 24 g carbohydrate, 3 g fiber, 41 g protein.

### TOFFEE POKE CAKE

1 piece equals 404 calories, 16 g fat (8 g saturated fat), 48 mg cholesterol, 322 mg sodium, 60 g carbohydrate, 1 g fiber, 4 g protein.

### TURKEY WITH CURRIED CREAM SAUCE

1 cup (calculated without rice) equals 333 calories, 17 g fat (7 g saturated fat), 104 mg cholesterol, 502 mg sodium, 13 g carbohydrate, 2 g fiber, 33 g protein.

### TURTLE PRALINE TART

1 slice with 1 Tbsp. cream equals 335 calories, 24 g fat (4 g saturated fat), 4 mg cholesterol, 106 mg sodium, 31 g carbohydrate, 3 g fiber, 4 g protein.