

Apple Almond Salad

¾ cup equals 285 calories, 17 g fat (5 g saturated fat), 3 mg cholesterol, 51 mg sodium, 31 g carbohydrate, 4 g fiber, 3 g protein.

Apple Spiced Tea

1 cup equals 112 calories, trace fat (trace saturated fat), 0 cholesterol, 12 mg sodium, 28 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** 1 starch, 1 fruit.

Apple-Balsamic Pork Chops

1 pork chop with about 1 Tbsp. sauce equals 298 calories, 13 g fat (5 g saturated fat), 76 mg cholesterol, 499 mg sodium, 16 g carbohydrate, trace fiber, 28 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch, 1 fat.

Apricot Cream Biscuits

1 biscuit equals 218 calories, 13 g fat (6 g saturated fat), 30 mg cholesterol, 395 mg sodium, 24 g carbohydrate, 1 g fiber, 3 g protein.

Apricot Crisp

1 serving equals 309 calories, 13 g fat (8 g saturated fat), 30 mg cholesterol, 105 mg sodium, 47 g carbohydrate, 6 g fiber, 4 g protein.

Asian Turkey Lettuce Wraps

2 filled lettuce wraps (calculated without additional hoisin sauce) equals 275 calories, 8 g fat (1 g saturated fat), 45 mg cholesterol, 686 mg sodium, 19 g carbohydrate, 4 g fiber, 34 g protein. **Diabetic Exchanges:** 3 lean meat, 1½ fat, 1 starch, 1 vegetable.

Bacon Cheeseburger Rice

1½ cups equals 579 calories, 27 g fat (13 g saturated fat), 110 mg cholesterol, 995 mg sodium, 48 g carbohydrate, 2 g fiber, 34 g protein.

Baked Rigatoni & Sausage

1-1/2 cups equals 544 calories, 26 g fat (11 g saturated fat), 67 mg cholesterol, 1,341 mg sodium, 47 g carbohydrate, 4 g fiber, 27 g protein.

Balsamic Chicken Fettucine

1½ cups equals 423 calories, 9 g fat (2 g saturated fat), 75 mg cholesterol, 548 mg sodium, 49 g carbohydrate, 6 g fiber, 37 g protein.

Beef & Bean Tacos

2 tacos (calculated without optional toppings) equals 407 calories, 18 g fat (6 g saturated fat), 53 mg cholesterol, 983 mg sodium, 38 g carbohydrate, 6 g fiber, 22 g protein.

Beef & Onion Cheese Ball

2 Tbsp. (calculated without crackers and vegetables) equals 127 calories, 12 g fat (5 g saturated fat), 22 mg cholesterol, 114 mg sodium, 2 g carbohydrate, 1 g fiber, 4 g protein.

Beef Gyros

1 gyro equals 654 calories, 41 g fat (9 g saturated fat), 57 mg cholesterol, 1,086 mg sodium, 41 g carbohydrate, 3 g fiber, 30 g protein.

Beef Tostadas

1 tostada equals 460 calories, 30 g fat (13 g saturated fat), 75 mg cholesterol, 1,040 mg sodium, 22 g carbohydrate, 6 g fiber, 24 g protein.

Blue Cheese Quiche with Caramelized Pears

1 piece with about ¼ cup topping equals 501 calories, 35 g fat (15 g saturated fat), 284 mg cholesterol, 916 mg sodium, 32 g carbohydrate, 5 g fiber, 17 g protein.

Bourbon-Glazed Ham

6 oz. cooked ham equals 425 calories, 22 g fat (8 g saturated fat), 80 mg cholesterol, 1,546 mg sodium, 28 g carbohydrate, trace fiber, 28 g protein.

Buttered Noodles

¾ cup equals 162 calories, 8 g fat (5 g saturated fat), 39 mg cholesterol, 264 mg sodium, 16 g carbohydrate, 1 g fiber, 6 g protein.

Cajun Beef Casserole

1 piece equals 449 calories, 19 g fat (9 g saturated fat), 111 mg cholesterol, 916 mg sodium, 46 g carbohydrate, 6 g fiber, 25 g protein.

Cajun Popcorn Shrimp Sandwiches

2 filled pita halves equals 668 calories, 40 g fat (8 g saturated fat), 96 mg cholesterol, 1,139 mg sodium, 58 g carbohydrate, 3 g fiber, 18 g protein.

Caramelized Onion Chuck Roast

4 oz. cooked beef with ¼ cup onions and ½ cup gravy equals 488 calories, 23 g fat (9 g saturated fat), 147 mg cholesterol, 523 mg sodium, 21 g carbohydrate, 1 g fiber, 46 g protein.

Cardamom Sour Cream Waffles

2 waffles equals 235 calories, 6 g fat (3 g saturated fat), 74 mg cholesterol, 375 mg sodium, 39 g carbohydrate, 2 g fiber, 8 g protein. **Diabetic Exchanges:** 2½ starch, 1 fat.

Cheddar Bread Twists

1 breadstick equals 142 calories, 8 g fat (3 g saturated fat), 6 mg cholesterol, 135 mg sodium, 14 g carbohydrate, 2 g fiber, 3 g protein.

Cheese-Trio Artichoke & Spinach Dip

¼ cup (calculated without baguette slices) equals 264 calories, 25 g fat (8 g saturated fat), 34 mg cholesterol, 354 mg sodium, 4 g carbohydrate, 1 g fiber, 6 g protein.

Cheesy Chive Potatoes

¾ cup equals 171 calories, 4 g fat (2 g saturated fat), 10 mg cholesterol, 313 mg sodium, 30 g carbohydrate, 2 g fiber, 5 g protein. **Diabetic Exchanges:** 2 starch, 1 fat.

Chicken & Brie Salad

2 cups equals 532 calories, 37 g fat (8 g saturated fat), 70 mg cholesterol, 839 mg sodium, 28 g carbohydrate, 3 g fiber, 28 g protein.

Chicken Chimichangas

1 chimichanga (calculated without optional toppings) equals 640 calories, 43 g fat (6 g saturated fat), 58 mg cholesterol, 806 mg sodium, 41 g carbohydrate, 3 g fiber, 25 g protein.

Chicken Strips Milano

3 oz. cooked chicken with ¾ cup linguine equals 441 calories, 14 g fat (3 g saturated fat), 133 mg cholesterol, 278 mg sodium, 46 g carbohydrate, 2 g fiber, 33 g protein. **Diabetic Exchanges:** 3 starch, 3 lean meat, 1½ fat.

Chicken with Caramelized Pears

1 chicken breast half with ½ cup pear mixture and 1 cup rice equals 567 calories, 20 g fat (7 g saturated fat), 117 mg cholesterol, 1,330 mg sodium, 58 g carbohydrate, 5 g fiber, 39 g protein.

Chicken with Rosemary Butter Sauce for 2

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.

Chili con Queso El Dorado

¼ cup (calculated without chips) equals 92 calories, 6 g fat (4 g saturated fat), 18 mg cholesterol, 237 mg sodium, 4 g carbohydrate, 1 g fiber, 5 g protein.

Chili-Spiced Pork Chops

1 pork chop equals 299 calories, 12 g fat (4 g saturated fat), 120 mg cholesterol, 448 mg sodium, 12 g carbohydrate, 1 g fiber, 34 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch.

Chipotle Mac & Cheese

1-½ cups equals 662 calories, 27 g fat (12 g saturated fat), 115 mg cholesterol, 850 mg sodium, 62 g carbohydrate, 7 g fiber, 43 g protein.

Chocolate Challah French Toast

2 slices (calculated without optional toppings) equals 769 calories, 28 g fat (12 g saturated fat), 449 mg cholesterol, 923 mg sodium, 109 g carbohydrate, 4 g fiber, 25 g protein.

Chocolate Mint Parfaits

1 serving (calculated without candies) equals 323 calories, 16 g fat (11 g saturated fat), 41 mg cholesterol, 555 mg sodium, 39 g carbohydrate, 1 g fiber, 7 g protein.

Cinnamon Apple Shakes

1 cup equals 300 calories, 12 g fat (7 g saturated fat), 47 mg cholesterol, 175 mg sodium, 45 g carbohydrate, 1 g fiber, 5 g protein.

Coconut-Pecan Coffee Cake

1 piece equals 296 calories, 11 g fat (2 g saturated fat), 42 mg cholesterol, 330 mg sodium, 47 g carbohydrate, trace fiber, 2 g protein.

Country Chuck Roast with Mushroom Gravy

4 oz. cooked beef with ½ cup gravy equals 326 calories, 17 g fat (6 g saturated fat), 92 mg cholesterol, 750 mg sodium, 11 g carbohydrate, 1 g fiber, 30 g protein.

Country Corn

¾ cup equals 157 calories, 8 g fat (5 g saturated fat), 25 mg cholesterol, 272 mg sodium, 20 g carbohydrate, 3 g fiber, 4 g protein.

Crab Imperial Casserole

1 cup equals 344 calories, 12 g fat (6 g saturated fat), 100 mg cholesterol, 806 mg sodium, 33 g carbohydrate, 2 g fiber, 24 g protein.

Cranberry Pancakes

3 pancakes with 1/3 cup syrup equals 691 calories, 18 g fat (5 g saturated fat), 149 mg cholesterol, 1,393 mg sodium, 124 g carbohydrate, 4 g fiber, 14 g protein.

Cranberry Sweet-and-Sour Pork

1¼ cups (calculated without rice) equals 268 calories, 7 g fat (2 g saturated fat), 63 mg cholesterol, 444 mg sodium, 28 g carbohydrate, 1 g fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, ½ fat.

Creamy Cranberry Meatballs

1 meatball equals 55 calories, 4 g fat (2 g saturated fat), 9 mg cholesterol, 167 mg sodium, 3 g carbohydrate, trace fiber, 3 g protein.

Crunchy Amaretto Peach Cobbler

1 serving equals 392 calories, 16 g fat (6 g saturated fat), 20 mg cholesterol, 167 mg sodium, 57 g carbohydrate, 2 g fiber, 4 g protein.

Curry Citrus Chicken

1 chicken thigh with 4½ tsp. sauce equals 182 calories, 8 g fat (2 g saturated fat), 76 mg cholesterol, 366 mg sodium, 4 g carbohydrate, trace fiber, 22 g protein. **Diabetic Exchanges:** 3 lean meat.

Deconstructed Pear Pork Chops

1 pork chop with ¾ cup stuffing mixture equals 603 calories, 28 g fat (14 g saturated fat), 127 mg cholesterol, 1,094 mg sodium, 47 g carbohydrate, 5 g fiber, 38 g protein.

Egg Drop Soup

1¼ cups equals 42 calories, 2 g fat (trace saturated fat), 53 mg cholesterol, 1,181 mg sodium, 3 g carbohydrate, trace fiber, 4 g protein.

Elegant Pork Marsala

1 pork chop with ¼ cup sauce equals 232 calories, 10 g fat (3 g saturated fat), 60 mg cholesterol, 161 mg sodium, 7 g carbohydrate, 1 g fiber, 24 g protein.

Diabetic Exchanges: 3 lean meat, ½ starch, ½ fat.

Family-Favorite Spaghetti Sauce

1 cup (calculated without spaghetti) equals 223 calories, 10 g fat (4 g saturated fat), 32 mg cholesterol, 790 mg sodium, 20 g carbohydrate, 4 g fiber, 13 g protein.

Garlic Brussels Sprouts

¾ cup equals 83 calories, 3 g fat (1 g saturated fat), 5 mg cholesterol, 198 mg sodium, 11 g carbohydrate, 4 g fiber, 4 g protein. **Diabetic Exchanges:** 2 vegetable, ½ fat.

Gingered Snow Peas

¾ cup equals 99 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 192 mg sodium, 9 g carbohydrate, 3 g fiber, 3 g protein. **Diabetic Exchanges:** 1½ fat, 1 vegetable.

Gnocchi Chicken Skillet

1½ cups (calculated without cheese) equals 598 calories, 24 g fat (6 g saturated fat), 88 mg cholesterol, 1,632 mg sodium, 66 g carbohydrate, 6 g fiber, 30 g protein.

Green Beans with Shallots

¾ cup equals 83 calories, 4 g fat (trace saturated fat), 0 cholesterol, 299 mg sodium, 10 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 2 vegetable, ½ fat.

Ham & Cheese Bagels

1 sandwich equals 427 calories, 21 g fat (11 g saturated fat), 56 mg cholesterol, 791 mg sodium, 41 g carbohydrate, 4 g fiber, 20 g protein.

Herb Breakfast Frittata

1 wedge equals 204 calories, 12 g fat (4 g saturated fat), 321 mg cholesterol, 277 mg sodium, 13 g carbohydrate, 1 g fiber, 11 g protein. **Diabetic Exchanges:** 1 starch, 1 medium-fat meat, 1 fat.

Herbed Chicken and Rice

1¼ cups equals 299 calories, 11 g fat (2 g saturated fat), 31 mg cholesterol, 66 mg sodium, 35 g carbohydrate, 3 g fiber, 16 g protein. **Diabetic Exchanges:** 2 starch, 1 meat, 1 vegetable, 1 fat.

Herbed Potato Soup

1 cup equals 253 calories, 11 g fat (7 g saturated fat), 30 mg cholesterol, 582 mg sodium, 34 g carbohydrate, 3 g fiber, 6 g protein.

Honey & Spice Baked Chicken

1 chicken breast equals 210 calories, 4 g fat (1 g saturated fat), 78 mg cholesterol, 522 mg sodium, 15 g carbohydrate, 1 g fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, 1 starch.

Indian Baked Chicken

1 serving equals 323 calories, 13 g fat (3 g saturated fat), 77 mg cholesterol, 612 mg sodium, 25 g carbohydrate, 4 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 2 vegetable, 1 starch, 1 fat.

Italian-Style Croissants

1 croissant equals 140 calories, 8 g fat (2 g saturated fat), 2 mg cholesterol, 269 mg sodium, 12 g carbohydrate, trace fiber, 3 g protein.

Italian-Style Salisbury Steaks

1 patty with ½ cup sauce equals 359 calories, 20 g fat (6 g saturated fat), 123 mg cholesterol, 1,104 mg sodium, 21 g carbohydrate, 2 g fiber, 26 g protein.

Loaded Mexican Pizza

1 slice equals 297 calories, 9 g fat (4 g saturated fat), 17 mg cholesterol, 566 mg sodium, 41 g carbohydrate, 6 g fiber, 15 g protein. **Diabetic Exchanges:** 2½ starch, 1 lean meat, 1 vegetable.

Macadamia-Coffee Bean Cookies

1 cookie equals 148 calories, 9 g fat (2 g saturated fat), 7 mg cholesterol, 82 mg sodium, 17 g carbohydrate, 1 g fiber, 2 g protein.

Maple & Chipotle Sausages

2 sausage links equals 250 calories, 19 g fat (6 g saturated fat), 31 mg cholesterol, 484 mg sodium, 15 g carbohydrate, trace fiber, 7 g protein.

Maple Jalapenos

1 appetizer equals 61 calories, 4 g fat (2 g saturated fat), 11 mg cholesterol, 141 mg sodium, 4 g carbohydrate, trace fiber, 3 g protein.

Mediterranean Rack of Lamb

½ rack equals 307 calories, 19 g fat (6 g saturated fat), 100 mg cholesterol, 241 mg sodium, 3 g carbohydrate, 1 g fiber, 30 g protein.

Mediterranean Shrimp Linguine

1½ cups equals 462 calories, 16 g fat (3 g saturated fat), 144 mg cholesterol, 610 mg sodium, 48 g carbohydrate, 3 g fiber, 28 g protein.

Microwaved Chicken Kiev

1 filled chicken breast half equals 328 calories, 18 g fat (10 g saturated fat), 132 mg cholesterol, 226 mg sodium, 4 g carbohydrate, trace fiber, 35 g protein.

Mini Caramel Rolls

3 rolls equals 155 calories, 9 g fat (4 g saturated fat), 13 mg cholesterol, 189 mg sodium, 17 g carbohydrate, trace fiber, 1 g protein.

Pan-Fried Chicken Athena

1 chicken breast with 1 Tbsp. sauce equals 240 calories, 10 g fat (5 g saturated fat), 109 mg cholesterol, 348 mg sodium, 2 g carbohydrate, trace fiber, 34 g protein. **Diabetic Exchanges:** 5 lean meat, 1 fat.

Pasta & Broccoli Sausage Simmer

1 serving equals 544 calories, 32 g fat (11 g saturated fat), 76 mg cholesterol, 1,395 mg sodium, 42 g carbohydrate, 8 g fiber, 25 g protein.

Pasta Primavera

1 cup equals 376 calories, 14 g fat (8 g saturated fat), 34 mg cholesterol, 514 mg sodium, 49 g carbohydrate, 5 g fiber, 13 g protein.

Pasta with Shrimp & Basil

1 cup equals 454 calories, 27 g fat (14 g saturated fat), 147 mg cholesterol, 331 mg sodium, 31 g carbohydrate, 2 g fiber, 23 g protein.

Peking Shrimp

¾ cup (calculated without rice) equals 237 calories, 8 g fat (1 g saturated fat), 168 mg cholesterol, 532 mg sodium, 21 g carbohydrate, 1 g fiber, 19 g protein. **Diabetic Exchanges:** 2 lean meat, 1½ fat, 1 starch, 1 vegetable.

Peppered Pork with Asti Cream Sauce

3 oz. cooked pork with ¼ cup sauce equals 330 calories, 22 g fat (9 g saturated fat), 105 mg cholesterol, 141 mg sodium, 5 g carbohydrate, 1 g fiber, 25 g protein.

Pepperoni Penne Carbonara

1½ cups equals 483 calories, 29 g fat (17 g saturated fat), 108 mg cholesterol, 1,245 mg sodium, 39 g carbohydrate, 4 g fiber, 19 g protein.

Philly Cheesesteak Pizza

2 pieces equals 352 calories, 20 g fat (6 g saturated fat), 32 mg cholesterol, 1,049 mg sodium, 22 g carbohydrate, 1 g fiber, 21 g protein.

Pineapple Orange Cheesecake

1 slice (calculated without whipped topping) equals 575 calories, 36 g fat (16 g saturated fat), 88 mg cholesterol, 344 mg sodium, 59 g carbohydrate, 1 g fiber, 8 g protein.

Pizza on a Stick

2 kabobs with ¼ cup sauce equals 400 calories, 13 g fat (5 g saturated fat), 58 mg cholesterol, 1,208 mg sodium, 42 g carbohydrate, 4 g fiber, 28 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 vegetable, 1 fat.

Pomegranate Cosmo

1 serving equals 205 calories, trace fat (trace saturated fat), 0 cholesterol, 11 mg sodium, 28 g carbohydrate, trace fiber, trace protein.

Pomegranate Orange Salsa

¼ cup (calculated without chips) equals 37 calories, trace fat (trace saturated fat), 0 cholesterol, 3 mg sodium, 9 g carbohydrate, trace fiber, trace protein. **Diabetic Exchanges:** ½ fruit.

Pork Medallions with Brandy Cream Sauce

1 serving equals 937 calories, 55 g fat (29 g saturated fat), 210 mg cholesterol, 577 mg sodium, 72 g carbohydrate, 4 g fiber, 39 g protein.

Pork Medallions with Raspberry-Balsamic Sauce

3 oz. cooked pork with about 2 Tbsp. sauce equals 271 calories, 7 g fat (2 g saturated fat), 63 mg cholesterol, 107 mg sodium, 28 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1½ starch, ½ fat.

Quick Crisp Snack Bars

1 bar equals 144 calories, 4 g fat (1 g saturated fat), 1 mg cholesterol, 144 mg sodium, 25 g carbohydrate, 1 g fiber, 5 g protein. **Diabetic Exchanges:** 1½ starch, ½ fat.

Ribboned Vegetables

¾ cup equals 64 calories, 3 g fat (2 g saturated fat), 8 mg cholesterol, 348 mg sodium, 9 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 2 vegetable, ½ fat.

Rosemary Carrots

¾ cup equals 70 calories, 3 g fat (trace saturated fat), 0 cholesterol, 275 mg sodium, 12 g carbohydrate, 3 g fiber, 1 g protein. **Diabetic Exchanges:** 2 vegetable, ½ fat.

Rosemary-Orange Roasted Chicken

7 oz. cooked chicken with ¼ cup gravy equals 635 calories, 41 g fat (19 g saturated fat), 185 mg cholesterol, 695 mg sodium, 20 g carbohydrate, 3 g fiber, 44 g protein.

Salmon Fettuccine Alfredo

1¼ cups equals 678 calories, 33 g fat (17 g saturated fat), 96 mg cholesterol, 1,329 mg sodium, 60 g carbohydrate, 5 g fiber, 36 g protein.

Salmon Mousse Tartlets

1 appetizer equals 85 calories, 7 g fat (4 g saturated fat), 21 mg cholesterol, 176 mg sodium, 3 g carbohydrate, trace fiber, 4 g protein.

Sausage & Salsa Breakfast Burritos

1 burrito equals 265 calories, 10 g fat (3 g saturated fat), 25 mg cholesterol, 602 mg sodium, 25 g carbohydrate, 2 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 1½ starch, 1 fat.

Savory Peas and Carrot

¾ cup equals 124 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 156 mg sodium, 14 g carbohydrate, 4 g fiber, 4 g protein.

Scallops with Chipotle-Orange Sauce

6 scallop halves with 2 Tbsp. sauce (calculated without linguine) equals 200 calories, 5 g fat (3 g saturated fat), 66 mg cholesterol, 608 mg sodium, 8 g carbohydrate, trace fiber, 29 g protein. **Diabetic Exchanges:** 4 lean meat, ½ fat.

Seasoned Oven Fries

1 cup equals 242 calories, 9 g fat (3 g saturated fat), 10 mg cholesterol, 305 mg sodium, 38 g carbohydrate, 3 g fiber, 4 g protein.

Sesame Dill Fish

1 fillet equals 394 calories, 28 g fat (5 g saturated fat), 59 mg cholesterol, 348 mg sodium, 14 g carbohydrate, trace fiber, 23 g protein.

Sesame Salmon with Wasabi Mayo

4 oz. cooked salmon with 1 Tbsp. sauce equals 439 calories, 36 g fat (8 g saturated fat), 90 mg cholesterol, 302 mg sodium, 2 g carbohydrate, 1 g fiber, 26 g protein.

Shrimp & Spinach Salads

1 serving equals 340 calories, 14 g fat (3 g saturated fat), 278 mg cholesterol, 780 mg sodium, 23 g carbohydrate, 2 g fiber, 28 g protein.

Sirloin Stir-Fry with Ramen Noodles

1½ cups equals 593 calories, 28 g fat (8 g saturated fat), 46 mg cholesterol, 2,022 mg sodium, 49 g carbohydrate, 8 g fiber, 38 g protein.

Skillet Cassoulet

1½ cups equals 285 calories, 7 g fat (1 g saturated fat), 51 mg cholesterol, 1,053 mg sodium, 34 g carbohydrate, 10 g fiber, 20 g protein.

Snappy Green Beans

¾ cup equals 58 calories, 2 g fat (1 g saturated fat), 3 mg cholesterol, 213 mg sodium, 11 g carbohydrate, 4 g fiber, 3 g protein. **Diabetic Exchanges:** 2 vegetable.

Snow Pea Medley

¾ cup equals 83 calories, 5 g fat (trace saturated fat), 0 cholesterol, 299 mg sodium, 8 g carbohydrate, 2 g fiber, 3 g protein. **Diabetic Exchanges:** 1 vegetable, 1 fat.

Snowman Cutouts

Nutrition Facts do not apply.

Spicy Asian Noodle Bowls

1 serving equals 538 calories, 18 g fat (3 g saturated fat), 63 mg cholesterol, 1,410 mg sodium, 60 g carbohydrate, 6 g fiber, 35 g protein.

Spinach & Gorgonzola Salad

1 cup equals 199 calories, 17 g fat (3 g saturated fat), 4 mg cholesterol, 229 mg sodium, 9 g carbohydrate, 2 g fiber, 4 g protein.

Spinach Salmon Bundles

1 bundle equals 854 calories, 52 g fat (16 g saturated fat), 124 mg cholesterol, 1,311 mg sodium, 48 g carbohydrate, 2 g fiber, 45 g protein.

Stacked Chicken Cordon Bleu

1 chicken breast with 3 Tbsp. sauce equals 491 calories, 29 g fat (8 g saturated fat), 162 mg cholesterol, 790 mg sodium, 14 g carbohydrate, 3 g fiber, 41 g protein.

Stuffed Alfredo Pork Chops

1 stuffed pork chop with ¼ cup rice mixture and ¼ cup sauce equals 575 calories, 28 g fat (15 g saturated fat), 127 mg cholesterol, 534 mg sodium, 38 g carbohydrate, 5 g fiber, 42 g protein.

Sun-Dried Tomato Garlic Bread

1 slice equals 189 calories, 10 g fat (6 g saturated fat), 23 mg cholesterol, 332 mg sodium, 20 g carbohydrate, 1 g fiber, 5 g protein.

Sweet & Spicy Chicken Wings

1 chicken wing equals 238 calories, 9 g fat (2 g saturated fat), 37 mg cholesterol, 464 mg sodium, 28 g carbohydrate, 1 g fiber, 12 g protein.

Sweet & Tender Beef Ribs

1 serving equals 1,269 calories, 73 g fat (30 g saturated fat), 223 mg cholesterol, 401 mg sodium, 91 g carbohydrate, trace fiber, 37 g protein.

The King's Crowned Filets

1 steak equals 451 calories, 25 g fat (12 g saturated fat), 129 mg cholesterol, 506 mg sodium, 4 g carbohydrate, trace fiber, 49 g protein.

Tilapia & Lemon Sauce

1 fillet with ½ cup rice and 4 tsp. sauce equals 334 calories, 12 g fat (6 g saturated fat), 75 mg cholesterol, 586 mg sodium, 30 g carbohydrate, 1 g fiber, 26 g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 2 fat.

Toffee Cream Pie

1 piece equals 445 calories, 23 g fat (13 g saturated fat), 28 mg cholesterol, 367 mg sodium, 52 g carbohydrate, 1 g fiber, 4 g protein.

Tortellini Tossed Salad

2 cups equals 431 calories, 27 g fat (9 g saturated fat), 64 mg cholesterol, 835 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g protein.

Tossed Salad

1 cup equals 257 calories, 25 g fat (3 g saturated fat), 3 mg cholesterol, 660 mg sodium, 6 g carbohydrate, 2 g fiber, 3 g protein.

Turkey Scallopini

4¼ oz. cooked turkey equals 358 calories, 17 g fat (10 g saturated fat), 169 mg cholesterol, 463 mg sodium, 12 g carbohydrate, trace fiber, 38 g protein.

Vegetable Beef & Barley Soup

1½ cups equals 584 calories, 24 g fat (9 g saturated fat), 147 mg cholesterol, 1,224 mg sodium, 38 g carbohydrate, 7 g fiber, 51 g protein.

Vegetable Trio

¾ cup equals 102 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 684 mg sodium, 12 g carbohydrate, 4 g fiber, 2 g protein.

Vegetarian Reubens

1 sandwich equals 475 calories, 30 g fat (12 g saturated fat), 56 mg cholesterol, 1,446 mg sodium, 35 g carbohydrate, 6 g fiber, 18 g protein.

Warm Christmas Punch

1 cup equals 161 calories, trace fat (trace saturated fat), 0 cholesterol, 5 mg sodium, 41 g carbohydrate, trace fiber, 1 g protein.

Warm Pecan Cabbage Slaw

½ cup equals 109 calories, 8 g fat (2 g saturated fat), 8 mg cholesterol, 376 mg sodium, 8 g carbohydrate, 3 g fiber, 2 g protein. **Diabetic Exchanges:** 1½ fat, 1 vegetable.

Yogurt & Honey Fruit Cups

¾ cup equals 97 calories, trace fat (trace saturated fat), 2 mg cholesterol, 22 mg sodium, 23 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 fruit, ½ starch.

Zesty Broccoli

½ cup equals 41 calories, 3 g fat (trace saturated fat), 0 cholesterol, 314 mg sodium, 4 g carbohydrate, 2 g fiber, 2 g protein. **Diabetic Exchanges:** 1 vegetable, ½ fat.

Zippy Zucchini Pasta

1 cup equals 412 calories, 15 g fat (2 g saturated fat), 0 cholesterol, 299 mg sodium, 59 g carbohydrate, 5 g fiber, 11 g protein.

Zucchini Corn Medley

¾ cup equals 167 calories, 6 g fat (4 g saturated fat), 17 mg cholesterol, 810 mg sodium, 18 g carbohydrate, 4 g fiber, 7 g protein.

Zucchini Rice Pilaf

1 cup equals 231 calories, 6 g fat (4 g saturated fat), 15 mg cholesterol, 318 mg sodium, 40 g carbohydrate, 1 g fiber, 4 g protein. **Diabetic Exchanges:** 2 starch, 2 vegetable, ½ fat.

How We Calculate Nutrition Facts

- When a choice of ingredients is given in a recipe (such as ½ 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.