

The What's for Dinner? Studio Kitchen (July 2008) Note: Values are based on one serving. Most entrees serve six. Some could serve eight and in such cases values are given for both serving sizes. The majority of trans fat in our recipes is found naturally in meat.													
Key: VLM = Very Lean Meat, LM = Lean Meat, MFM = Medium Fat Meat, HFM = High Fat Meat, Veg = Vegetables, Other CHO = Other Carbohydrates													
Entrée	Serv	Calr.	Protn.	Carbo-hdtr.	Fiber	Fat	Satrd Fat	Trans Fat	Cholestr.	Sodium	Potasm	Diet Value	Diabetic Exchanges
Carrie's Big Sandwich	6	807	38 g	74 g	3 g	36 g	20 g	0 g	126 mg	2933 mg	119 mg	19	4 1/2 Starch, 2 1/4 VLM, 1 MFM, 1 HFM, 3 Fat
Sausage Spinach Pockets	6	346	13 g	23 g	1 g	22 g	8 g	2 1/2 g	33 mg	938 mg	68 mg	9	1 1/2 Starch, 1 MFM, 1 HFM, 1/4 Veg
Curried Chicken Thighs (Including ALL sauce)	8	799	40 g	110 g	5 g	23 g	16 g	0 g	126 mg	4103 mg	713 mg	17	4 1/4 Starch, 5 1/4 VLM, 1 Veg, 1 Fruit, 3 1/4 Fat, 1 Other CHO
Baked Lemon Chicken	6	247	34 g	7 g	0 g	8 g	4 g	0 g	98 mg	504 mg	393 mg	6	1/2 Starch, 4 1/2 VLM, 1 Fat
Grilled Pork Tenderloin	6	196	32 g	3 g	0 g	5 g	2 g	0 g	98 mg	315 mg	587 mg	4	5 VLM
Macaroni and Cheese	6	820	30 g	66 g	3 g	50 g	30 g	0 g	145 mg	1282 mg	118 mg	20	4 Starch, 3 HFM, 1/2 Whole Milk, 4 Fat
Teriyaki Burgers	6	543	31 g	31 g	1 g	32 g	12 g	2 g	107 mg	1516 mg	456 mg	13	1 1/2 Starch, 5 MFM, 1/2 Other CHO
Chicken Tortilla Verde	6	253	8 g	13 g	2 g	19 g	10 g	0 g	45 mg	477 mg	68 mg	6	1 HFM, 1 1/2 Fat
Lasagna	8	615	35 g	53 g	3 g	28 g	14 g	0 g	153 mg	893 mg	457 mg	14	3 Starch, 1/2 LM, 2 MFM, 1 HFM, 1 Veg, 1 1/2 Fat
Pork Chops with Apples and Yams	6	277	33 g	28 g	1 g	3 g	1 g	0 g	78 mg	806 mg	907 mg	6	1/4 Starch, 4 3/4 VLM, 1/4 Veg, 1/2 Fruit, 3/4 Other CHO
Chicken Creole	6	286	29 g	28 g	3 g	5 g	3 g	0 g	76 mg	1141 mg	472 mg	6	2 Starch, 3 1/2 VLM, 1 3/4 Veg, 3/4 Fat
Pesto Chicken	6	273	35 g	5 g	1 g	12 g	5 g	0 g	99 mg	188 mg	432 mg	6	5 VLM, 2 Fat
Reuben Casserole	6	652	31 g	23 g	4 g	46 g	18 g	0 g	145 mg	1824 mg	190 mg	16	1 Starch, 4 MFM, 1/2 Veg, 3 1/4 Fat, 1/2 Other CHO
Crispy Crusted Tilapia	6	343	28 g	14 g	3 g	20 g	8 g	0 g	99 mg	534 mg	506 mg	8	1 Starch, 1 3/4 LM, 3/4 MFM, 1 1/4 Veg, 1 3/4 Fat