



CAROLINE'S KITCHENS
cooking simplified

THAI A BOW PASTA

Per Serving: 277 Calories; 8g Fat (26.4% calories from fat); 15g Protein; 36g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 311mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.

KINGSTON PORK CUTLET

Per Serving: 274 Calories; 21g Fat (67.5% calories from fat); 16g Protein; 6g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.



KOKOMO CHICKEN

Per Serving: 246 Calories; 6g Fat (22.4% calories from fat); 28g Protein; 20g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 195mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

EASY STREET CHICKEN

Per Serving: 642 Calories; 22g Fat (30.4% calories from fat); 37g Protein; 74g Carbohydrate; 2g Dietary Fiber; 68mg Cholesterol; 391mg Sodium. Exchanges: 4 Grain(Starch); 4 Lean Meat; 1/2 Fruit; 4 Fat; 1 Other Carbohydrates.

SPRING FLING SALMON

Per Serving: 268 Calories; 6g Fat (20.4% calories from fat); 36g Protein; 17g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 920mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat; 1 Other Carbohydrates.

MARGARET'S EGG BAKE

Per Serving: 342 Calories; 19g Fat (49.7% calories from fat); 29g Protein; 13g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 832mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

SEZZ-A-ME FLANK STEAK

Per Serving: 548 Calories; 22g Fat (36.2% calories from fat); 38g Protein; 48g Carbohydrate; 2g Dietary Fiber; 77mg Cholesterol; 911mg Sodium. Exchanges: 3 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.



**MAY MENU 2007
NUTRITION INFORMATION**

BLUE EARTH BURGERS

Per Serving: 526 Calories; 29g Fat (49.5% calories from fat); 33g Protein; 34g Carbohydrate; 4g Dietary Fiber; 103mg Cholesterol; 372mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 3 Fat.



BERRY TURKEY TENDERLOIN

Per Serving: 425 Calories; 23g Fat (48.2% calories from fat); 44g Protein; 11g Carbohydrate; 2g Dietary Fiber; 123mg Cholesterol; 288mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 Fat.

BAKED MONTE CHRISTO POCKETS

Per Serving: 283 Calories; 12g Fat (38.6% calories from fat); 30g Protein; 12g Carbohydrate; 1g Dietary Fiber; 70mg Cholesterol; 1595mg Sodium. Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Fat; 1 Other Carbohydrates.

CAJUN SHRIMP WRAPS

Per Serving: 357 Calories; 9g Fat (23.4% calories from fat); 15g Protein; 52g Carbohydrate; 7g Dietary Fiber; 27mg Cholesterol; 832mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

FIRE CRACKER PORK TENDERLOIN

Per Serving: 433 Calories; 6g Fat (13.4% calories from fat); 36g Protein; 58g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 557mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Fat; 1 1/2 Other Carbohydrates.

ORANGE FUSION CHICKEN

Per Serving: 384 Calories; 10g Fat (23.2% calories from fat); 32g Protein; 40g Carbohydrate; 4g Dietary Fiber; 69mg Cholesterol; 600mg Sodium. Exchanges: 3 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.

TRIPLE BERRY CRISP

Per Serving: 341 Calories; 7g Fat (18.0% calories from fat); 3g Protein; 68g Carbohydrate; 4g Dietary Fiber; 18mg Cholesterol; 150mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 3 Other Carbohydrates.

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It's high time to get out of the kitchen
and back into life!

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