

# Christmas Calories

The bottom line for weight management is and always will be about calorie balance!

<u>Meats</u>	<u>serving</u>	<u>calories*</u>	<u>Desserts</u>	<u>serving</u>	<u>calories</u>
Turkey	3 oz-dark	175	Turtle Cake or		
Turkey	3 oz-light	150	German Choc squares	2x2"	285
Ham	3 oz	250	Hello Dollies or		
Roast	3 oz	225	7 layer Cookies	2x2"	180
Chicken	3 oz	150	Fruit Cake-loaf pan	½ slice	260
Duck	3 oz	265	Sugar Cookies w/icing	small	75
			Rice Krispy Bars	2x2"	145
<u>Veg-Salads</u>			<u>Pies- 9"</u>		
Cranberry Sauce	½ cup	145	Mincemeat	1/6	1/8
Gelatin w/Fruit & Nuts	½ cup	170	Pumpkin	800	600
Mashed Potatoes	½ cup	95	Pecan	460	350
Scalloped Potatoes	½ cup	130	Apple or Fruit Pies	630	470
Au Gratin Potatoes	½ cup	170		540	400
Candied Sweet Potatoes	½ cup	250			
Green Bean Casserole	½ cup	90			
<u>Candy</u>			<u>Miscellaneous</u>		
Fudge	1 oz	130	Stove Top Dressing	½ cup	175
Divinity-round tsp	1 piece	60	Bread/Cornbread dressing	½ cup	220
Peanut Brittle	1 oz	110	Broccoli Rice Casserole	½ cup	120
English Toffee	1 oz	150	Gravy	¼ cup	150
Caramels	3 pieces	110	Chech Cereal Mix	1 cup	325
Aunt Bills Candy	1 oz	150	Cheese Balls	2 Tsp	110
Turtles	pc ½ oz	75	Pecans	12 halves	105
Hard Candy	1 piece	25	Eggnog	½ cup	170
White Choc Covered pretzels	approx 7	140	Rum	1 oz	100
Caramel corn	1 cup	150	Wine-Dessert-Sweet	4 oz	180
M&M plain	20 pieces	80	Wine-Dessert-Dry-Table	4 oz	85
M&M peanut	20 pieces	240	Champagne	4 oz	85
M&M almond	20 pieces	300	Gin,Rum,Vodka,Whiskey	80 orf-1oz	70
Choc Kisses/Almonds	each	25	Cool Whip	1 Tsp	14
			Whipped Cream	1 Tsp	35

\*Calories have been calculated from recipes in my files and may vary slightly according to individual recipes.

## Happy Holidays Banister Nutrition LLC

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