

Nutrition Facts and Ingredient Lists for Taste of Gourmet Products

The Weight Watcher Points were calculated using regular products! Using low fat products would reduce points.
Points shown on the chart are for one serving following the directions on the package.

All-American Apple Cake

WW Points – 11 for 1/12 of cake

List of Ingredients: Sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate) natural flavors, spices, salt.

Nutrition Analysis: Dry Mix Only 12 servings – 1 serving: Calories 212, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 369mg, Carbohydrate 51g, Sugars 32g, Protein 2g.

Bayou Beer Bread

WW Points – 3 for 1/12th of loaf

List of Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) sugar, baking powder, spices.

Nutrition Analysis: Dry Mix Only for 1 serving 1/12 of loaf: Calories 130, Calories from Fat 0,

Tot. Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 331mg, Carbohydrate 29g, Sugars 6g, Protein 3g.

Berry Bar-B-Que

WW points – 1 for 1 oz.

List of Ingredients: Tomato concentrate (water, tomato paste) cranberries, raspberries, dark brown sugar, distilled vinegar, water, Worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovy paste, natural flavor. Contains soy, tamarind), dried onion, dry mustard, spices, black pepper, chipotle pepper, salt..

Nutrition Facts: for 1 Oz: Calories 70, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fats 0, Cholesterol 0, Sodium 210mg, Carbohydrate 15g, Sugars 15g, Protein 0.

Black Bean Chili

WW Points – 4 made with ground turkey

List of Ingredients: Black beans, chili pepper, spices, salt, garlic, bell peppers, jalapeno pepper.

Nutrition Facts: Dry mix only: 6 per mix – for 1 serving: Calories 80, Calories from Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 300mg, Carbohydrate 15g, Sugars 2g, Protein 4g.

BLT Dip Mix

WW Points – 3 for 2 oz.

List of Ingredients: Dried tomatoes, parsley, garlic, spices

Nutrition Analysis: Dry Mix Only: 8 servings per mix: 1 serving: Calories 7, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 1g, Sugars 0g, Protein 0g

Caramel Pecan Sauce

WW points – 1 for 1 Tbsp.

List of Ingredients: Corn syrup (high fructose corn syrup, cane syrup, water, caramel color, sorbic acid, benzoate (to protect quality) pecans, sugar, water, vanilla.

Nutrition Facts: for 1 Tbsp: Calories 40, Calories from Fat 10, Total Fat 0g, Saturated Fat 0g, Trans Fats 0, Cholesterol 0, Sodium 45mg, Carbohydrate 15g, Sugars 11g, Protein 0.

Catfish with Capers

WW Points – 4 for 3 ½ Tbsp.

Ingredients: Cream cheese, US farm-raised catfish, butter, lemon juice, wine, Tabasco (vinegar, red pepper, salt) capers, dried green onions.

Nutrition Facts: for 3.5 Tablespoons: Calories 150, Calories from Fat 120, Total Fat 13g, Trans Fat 0g, Cholesterol 50mg, Sodium 320mg, Carbohydrate 4g, Sugars 2g, Protein 5g.

Chimmi Sauce

WW Points – 2 for 1 oz.

List of Ingredients: Onion, garlic, parsley, Olive and Canola oil, red bell peppers, red wine vinegar, sugar, spices.

Nutrition Facts: for 1 ounce: Calories 80, Calories from Fat 60, Total Fat 7g, Trans Fat 0g, Cholesterol 0mg, Sodium 105mg, Carbohydrate 4g, Sugars 1g, Protein 1g.

Chipotle Sauce

WW Points – 1 for 2 Tbsp.

List of Ingredients: Vinegar, Chipotle peppers (smoked jalapenos) onion, garlic, water, herbs, sugar.

Nutrition Facts: for 2 Tablespoon: Calories 35, Calories from Fat 5, Total Fat .5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 50mg, Carbohydrate 7g, Sugars 5g, Protein 1g.

Chocolate Truffle Cheese Cake Ball

WW Points – 7 for 2 oz.

List of Ingredients: Sugar, brown sugar, cornstarch, cocoa (hi-fat Dutch process, processed with potassium carbonate) vanilla.

Nutrition Analysis: Dry Mix Only: 8 servings per mix: 1 serving: Calories 50, Calories from Fat 3, Tot Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 11g, Sugars 9g, Protein 1g..

Cinn-ful Dip

WW Points – 3 for 2 T.

List of Ingredients: Brown sugar, white sugar, spices.

Nutrition Analysis: Dry Mix Only 1 Serving - 2 Tablespoons: Calories 250, Calories from Fat 0, Tot. Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 67g, Sugars 67g, Protein 0g.

Colonial Corn Chowder

WW Points – 2 made without the butter

List of Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated vegetables (corn, onion, celery, tomato, carrot) parsley, salt, pepper, spices.

Nutrition Analysis: Dry Mix Only: 8 servings: Calories 101, Calories from Fat 0, Tot. Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 312mg, Carbohydrate 23g, Dietary Fiber 1g, Sugars 0g, Protein 3g.

Country French Cassoulet

WW Points - 1 plain - 4 with 1 chicken breast

List of Ingredients: Great Northern beans, dried onion, dried celery, brown sugar, parsley, bay leaf, garlic, salt, spices.

Nutrition Analysis: Dry mix only: 6 per mix: for 1 serving: Calories 68, Calories from Fat 0, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 591mg, Carbohydrate 13g, Dietary Fiber 3g, Sugars 3g, Protein 4g.

Cranberry Chocolate Biscotti Mix

WW Points – 7 for 2 biscotti

List of Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin), sugar, dried fresh cranberries (sugar, sunflower oil) semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter) baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate) natural flavors, salt.

Nutrition Analysis: Dry Mix Only - 1 serving 2 Biscotti : Calories 132, Calories from Fat 28, Total Fat 3g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 12mg, Sodium 161mg, Carbohydrate 25g, Sugars 15g, Protein 0g.

Cranberry Chutney

WW Points – 1 for 1 Tbsp.

List of Ingredients: Cranberries, sugar, apples, cider vinegar, golden raisins, spices.

Nutrition Facts: for 1 Tablespoon: Calories 40, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 9g, Sugars 2g, Protein 0g.

Creamy Delta Bisque Mix

WW Points – 4 ½ with whole milk plain - 7 ½ with chicken breast

List of Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated vegetables (onion, celery, chives) salt, parsley, pepper, bay leaf, spices.

Nutrition Analysis: Dry mix only: 8 servings per mix: for 1 serving: Calories 21, Calories from Fat 0, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 338mg, Carbohydrate 4g, Dietary Fiber 0g, Sugars 0g, Protein 3g.

Creole File Gumbo

WW Points – Do not use oil – 6 with chicken and ½ cup rice

List of Ingredients: Rice, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated onions, green peppers, celery, garlic, salt, pepper, spices.

Nutrition Facts: Dry mix only: 6 per mix: for 1 serving: Calories 110, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 180mg, Carbohydrate 20g, Sugars 3g, Protein 0g.

Deliciously Dill Dip

WW Points – 3 for 2 oz.

List of Ingredients: Dill weed, salt, lemon juice powder, cayenne and black pepper, garlic, onion, spices.

Nutrition Facts: For 2 Tbsp – serving 8: Calories 0, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 100 mg, Carbohydrate 0g, Dietary Fiber 0g, Sugars 0g, Protein 0g.

East Indian Curry

WW Points – 3 with 1 chicken breast

Ingredients: Rice, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated vegetables (onion, bell peppers) salt, pepper, garlic, spices.

Nutrition Analysis: Dry Mix Only: 8 servings: Calories 22, Calories from Fat 0, Tot. Fat 0g, Saturated Fat 0g, Trans Fat 0, Cholesterol 0mg, Sodium 482mg, Carbohydrate 5g, Dietary Fiber 1g, Sugars 0g, Protein 1g.

Fruit Crumble

WW Points – 7 for 1/8 made with peaches

List of Ingredients: Dark brown sugar (brown sugar, cane caramel color), sugar, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin) 100% natural rolled oats, baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate), cinnamon, salt, spices.

Nutrition Analysis: Dry Mix Only for 1 serving 1: Calories 244, Calories from Fat 7, Total Fat 1g, Trans Fats 0, Saturated Fat 0g, Cholesterol 0mg, Sodium 241mg, Carbohydrate 59g, Dietary Fiber 1, Sugars 39g, Protein 3g.

Garlic Herb Dip Mix

WW Points – 3½ for ¼ cup (butter & cream cheese) - 3 for ¼ cup (sour cream & mayo)

List of Ingredients: Dried garlic, chives, parsley, black pepper, salt, spices.

Nutrition Analysis: Dry Mix Only: 8 servings per mix: 1 serving: Calories 5, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 89mg, Carbohydrate 1g, Sugars 0g, Protein 0g.

Grand Old Chess PieWW Points – 7 for 1/8th of pie

List of Ingredients: Sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin), cornmeal (enriched white cornmeal and wheat flour (niacin, thiamine mononitrate, riboflavin, iron) leavening (sodium bicarbonate, monocalcium phosphate) salt, buttermilk powder.

Nutrition Facts for dry mix only: 8 servings per mix: 1 serving: Calories 160, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 25mg, Carbohydrate 40g, Sugars 36g, Protein 0g.

Great Grilling Marinade

WW Points – 1 for 1 Tbsp.

List of Ingredients: Soy sauce (water, wheat, soy beans, salt, sodium benzoate (less than 1/10 of 1% as a preservative), vinegar, brown sugar, ginger, garlic, spices

Nutrition Facts: for 1 Tablespoon: Calories 25, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 613mg, Carbohydrate 4g, Sugars 4g, Protein 2g.

Jezebel Sauce

WW Points – 1 for 1 Tbsp.

List of Ingredients: Peaches, apples, apricots, high fructose corn syrup, corn syrup, horseradish (horseradish, vinegar, salt, soy oil, natural flavors) mustard, pectin, citric acid, black pepper.

Nutrition Facts: for 1 Tablespoon: Calories 50, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 50mg, Carbohydrate 13g, Sugars 8g, Protein 0g.

Lake Shackelford Lemon PieWW Points – 6 for 1/8th of pie

Ingredients: Sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin), citric acid, lemon juice powder, lemon peel.

Nutrition Facts for dry mix only: 8 servings per mix: 1 serving: Calories 120, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 30g, Sugars 25g, Protein less than 1g.

Lemon Almond Cheese Cake Ball

WW Points – 3 for 2 oz.

List of Ingredients: Sugar, almonds, cornstarch, dried lemon juice, natural flavors.

Nutrition Analysis: Dry Mix Only: 8 serving per mix: 1 serving: Calories 27, Calories from Fat 3, Total. Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 0mg, Carbohydrate 6g, Sugars 6g, Protein 0g.

Lime Cilantro Dressing

WW Points – 0 for 2 Tbsp.

List of Ingredients: Water, vinegar, honey, lime juice, lemon juice, mustard, cilantro, onion, garlic, salt.

Nutrition Facts: for 2 Tablespoon: Calories 15, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 40mg, Carbohydrate 4g, Sugars 4g, Protein 0g.

Magnolia Macaroon Pie

WW Points – 8 for 1/8th pie

List of Ingredients: Sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) coconut (coconut, sugar, water, propylene glycol to sustain freshness, salt, sodium metabisulfite to preserve whiteness.)

Nutrition Facts for dry mix only: 8 servings per mix: 1 serving: Calories 190, Total Fat 4.5g, Saturated Fat 4g, Trans Fat 0g, Cholesterol 0mg, Sodium 35mg, Carbohydrate 36g, Sugars 25g, Protein less than 1g.

Mama's Meatloaf Mix

WW Points – 4 made with ground turkey

List of Ingredients: Oatmeal, dried onion, dried green pepper, garlic spices, salt.

Nutrition Analysis: Dry mix only: 6 per mix- for 1 serving: Calories 29, Calories from Fat 4, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 393mg, Carbohydrate 5g, Fiber 1g, Sugars 0g, Protein 1g.

Mississippi Delta Fudge Pie

WW Points – 6 for 1/8th of pie

List of Ingredients: Sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin), cocoa (hi-fat Dutch process, processed with potassium carbonate)

Nutrition Facts for dry mix only: 8 servings per mix: 1 serving: Calories 210, Calories from Fat 10, Total Fat 1g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 0mg, Sodium 300mg, Carbohydrate 49g, Sugars 42g, Protein 1g.

Mississippi Mud Cake

WW points – 8 for 1/8th of the cake

List of Ingredients: Granulated white sugar, dark brown sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) Dutch process cocoa, natural flavor, salt.

Nutrition Facts: Dry mix only: Serving size 1/3 cup (66g) 8 servings per mix – for 1 serving: Calories 260, Calories from Fat 40, Total Fat 4g, Saturated Fat 2g, Trans Fats 0g, Cholesterol 0, Sodium 150mg, Carbohydrate 53g, Sugars 40g, Protein 4g.

Morning Muffins – Zesty Orange Cranberry

WW Points – 4 for 1 muffin

Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine, mononitrate, riboflavin), sugar, dried fresh cranberries, (sugar, sunflower oil), baking powder (baking soda, sodium aluminum phosphate, monocalcium phosphate), dried orange peel, vanilla, spices, salt.

Nutrition: Dry Mix Only: Serving Size 1 muffin, Servings per mix: 12, Amount per Serving: Calories 159, Fat Cal 0, Total Fat 0g, Sat Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 339 mg, Total Carbohydrate 39g, Fiber 0g, Sugars 22g, Protein 0g.

Mulling Spices

WW Points – 2 for 1 cup made with apple juice

List of Ingredients: Granulated sugar, brown sugar cinnamon, clove, lemon peel, orange peel, nutmeg, lemon juice powder.

Nutrition Analysis: Dry Mix Only - 1 serving 1 1/2 teaspoon: Calories 22, Total Fat 0g, Trans Fat 0g, Sodium 0mg, Carbohydrate 6g, Sugars 6g, Protein 0g.

New Orleans Style Beef

WW Points – 3 with chicken breast

List of Ingredients: Rice, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated vegetables (onion, bell peppers, celery) salt, peppers, garlic, bay leaf, spices.

Nutrition Analysis: Dry Mix Only: 8 servings: Calories 33, Calories from Fat 0, Tot. Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 309mg, Carbohydrate 8g, Dietary Fiber 1g, Sugars 0g, Protein 1g.

Peach Pecan Pepper Preserves

WW Points – 1 for 1 Tbsp.

List of Ingredients: Sugar, peaches, apple cider vinegar, dried peppers, pecans, Jalapeno peppers, pectin.

Nutrition Analysis: 1 Tablespoon. Calories 32, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 3mg, Carbohydrate 9g, Sugars 7g, Protein 0g.

Plantation Pie

WW Points – 9 for 1/8 of pie

List of Ingredients: Sugar, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin), chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, added as an emulsifier) coconut (coconut, sugar, water, propylene glycol to sustain freshness, salt, sodium metabisulfite to preserve whiteness.)

Nutrition Facts for dry mix only: 8 servings per mix: 1 serving: Calories 250, Total Fat 8g, Saturated Fat 6g, Trans Fat 0g, Cholesterol 0mg Sodium 25mg, Carbohydrate 42g, Sugars 32g, Protein 1g.

Positively Smashing Potato Soup

WW Points – 1 using 2% milk

List of Ingredients: Dehydrated potatoes, dried green onion, dried chopped onion, dried celery, enriched wheat flour, salt, spices.

Nutrition Facts: Dry mix only: 6 per mix: for 1 serving: Calories 38, Calories from Fat 0, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 208mg, Carbohydrate 9g, Dietary Fiber 1g, Sugars 0g, Protein 1g.

Razz Ma Tazz

WW points – 1 for 2 Tbsp.

List of Ingredients: Granulated sugar, raspberries, blueberries, cranberries, vinegar, dried chili peppers, chipotle peppers, black pepper, spices, pectin, salt.

Nutrition Analysis: Serving size: 2 Tbsp: Calories 45, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0, Sodium 105mg, Carbohydrate 9g, Fiber 0g, Sugars 9g, Protein 1.

Roasted Onion Garlic Quick Bread

WW Points – 3 for 1 1/12th of loaf

Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) sugar, dried onion and green onion, garlic, baking powder, spices.

Nutrition Analysis: Dry Mix Only for 1 serving 1/12 of loaf: Calories 130, Calories from Fat 0, Total.Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 331mg, Carbohydrate 29g, Sugars 6g, Protein 3g.

Royal Fudge Sauce

WW points – 3 for 2 Tbsp.

List of Ingredients: Milk, dark brown sugar, granulated white sugar, butter, Dutch process cocoa, natural flavors

Nutrition Facts: for 2 Tbsp: Calories 120, Calories from Fat 15, Total Fat 2g, Saturated Fat 1g, Trans Fats 0g, Cholesterol 0g, Sodium 60mg, Carbohydrate 25g, Sugars 20g, Protein 0.

Simply Spinach Dip Mix

WW Points – 3 for 2 oz.

List of Ingredients: Dried onion, dried spinach, dried green bell pepper, salt, sugar, dried celery, spices.

Nutrition Analysis: Dry Mix Only: 8 servings per mix: 1 serving: Calories 3, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 113mg, Carbohydrate 1g, Sugars 1g, Protein 0g.

Smoked Catfish Pate

WW Points – 4 for 3 ½ Tbsp.

List of Ingredients: Cream cheese (pasteurized milk and cream cheese culture, salt, carob bean gum), US farm-raised catfish, butter (cream and salt), lemon juice (water, concentrated lemon juice, lemon oil), tomato concentrate (water, tomato paste, high fructose corn syrup, distilled vinegar), wine, garlic powder, spices, salt, onion powder.

Nutrition Facts: for 3.5 Tablespoons: Calories 140, Calories from Fat 100, Total Fat 11g, Trans Fat 0g, Cholesterol 45mg, Sodium 320mg, Carbohydrate 4g, Sugars 3g, Protein 5g.

Southern Praline PieWW Points – 8 for 1/8th of pie

Ingredients: Sugar, dark brown sugar (brown sugar, caramel color), 100% natural rolled oats, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin), baking powder (baking soda, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt.

Nutrition Facts for dry mix only: 8 servings per mix: 1 serving: Calories 190, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 150mg, Carbohydrate 46g, Sugars 38g, Protein 1g.

Southwest Soup

WW Points – 4 with 1 chicken breast

List of Ingredients: Dried tomato, corn, bell pepper, onion, salt, spices and jalapeno pepper.

Nutrition Facts: Dry mix only: 6 per mix – for 1 serving: Calories 60, Calories from Fat 5, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 180mg, Carbohydrate 14g, Sugars 5g, Protein 2g.

Suddenly Salsa Mix

WW Points – 0 for 3 ½ oz.

List of Ingredients: Dried onion, dried green pepper, dried cilantro, chili peppers, salt, garlic, spices.

Nutrition Analysis: Dry Mix Only: 10 servings per mix: 1 serving: Calories 6, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 223mg, Carbohydrate 1g, Sugars 0g, Protein 0g.

Sweet Potato Muffins with Crunchy Sugar Topping

WW Points – 4 for 1 muffin

Ingredients: Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin; folic acid), Sugar, dehydrated sweet potatoes (yams, sodium acid pyrophosphate, tetra sodium pyrophosphate to retard oxidation) baking powder, baking soda, spices, salt.

Nutrition Facts: Dry Mix Only: 12 muffins per mix: For 1 muffin: Calories 110, Calories from Fat 1, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 70mg, Carbohydrate 47g, Fiber 1g, Sugars 6g, Protein 3g.

Tangy Tomato Salad Dressing

WW Points – 4 for 2 Tbsp.

List of Ingredients: Canola oil, sugar, vinegar, tomato concentrate (water, tomato paste, high fructose corn syrup), Worcestershire Sauce (molasses, anchovies, hydrolyzed soy and corn protein, tamarinds), dried onion, spices, salt, xanthum gum.

Nutrition Facts: for 2 Tablespoon: Calories 140, Calories from Fat 110, Total Fat 12g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 0mg, Sodium 410mg, Carbohydrate 8g, Sugars 7g, Protein 0g.

Toffee Crunch Cheese Cake Ball

WW Points – 7 for 2 oz.

List of Ingredients: Sugar, chocolate, cornstarch, natural flavors.

Nutrition Analysis: Dry Mix Only: 8 servings per mix: 1 serving: Calories 49, Calories from Fat 12, Total Fat 1g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 3mg, Sodium 24mg, Carbohydrate 1g, Sugars 9g, Protein 0g

Tomato Basil Beer BreadWW Points – 3 for 1/12th of loaf

Ingredients: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) sugar, dried tomatoes, garlic, baking powder, spices.

Nutrition Analysis: Dry Mix Only for 1 serving 1/12 of loaf: Calories 130, Calories from Fat 0, Tot. Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 331mg, Carbohydrate 29g, Sugars 6g, Protein 3g.

Tuscan Bean and Pasta Soup – Pasta Fagioli

WW Points – 1 plain - 4 with chicken

List of Ingredients: Kidney beans, pasta (durham wheat semolina, niacin, iron (ferrous sulfate) thiamin mononitrate, riboflavin, folic acid) dehydrated vegetables (onion, celery) salt, garlic, pepper, bay leaf, spices.

Nutrition Analysis: Dry mix only: 8 servings per mix: for 1 serving: Calories 38, Calories from Fat 2, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 389mg, Carbohydrate 8g, Dietary Fiber 1g, Sugars 1g, Protein 2g.

Vidalia Onion Vinaigrette

WW Points – 3 for 2 Tbsp.

List of Ingredients: Vegetable oil, sugar, vinegar, water, vidalia onions (5%), salt, minced onion, onion powder, mustard seed, black pepper, garlic, spices, paprika, turmeric, xanthum gum, citric acid, sodium benzoate and potassium sorbate (to protect quality.)

Nutrition Facts for 2 Tablespoon: Calories 100, Calories from Fat 70, Total Fat 8g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 150mg, Carbohydrate 7g, Sugars 6g, Protein 0g.

White Chili

WW points – 1 plain – 4 with 1 chicken breast

List of Ingredients: Dried onion, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dried bell pepper, garlic, spices, white pepper, salt.

Nutrition Facts: Dry mix only: Serving size 1/8 cup, 8 servings per mix – for 1 serving: Calories 35, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0, Sodium 205mg, Carbohydrate 8g, Sugars 0g, Protein 1g.

Wholesome Whole WheatWW Points – 2 for 1/12th of loaf.

List of Ingredients: Stone Ground whole wheat flour, sugar, baking powder, salt.

Nutrition Analysis: Dry Mix Only for 1 serving 1/12 of loaf: Calories 110, Calories from Fat 0, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 331 mg, Carbohydrate 47g, Fiber 1g, Sugars 6g, Protein 3g.