

# Weight Watcher Points for Taste of Gourmet Products

Points calculated using regular products. Low-fat products reduces point count. Points for one serving following directions on package.

All-American Apple Cake	11 points for 1/12 of cake	Lime Cilantro Dressing	0 points for 2 Tbsp.
Bayou Beer Bread	3 points for 1/12 of loaf	Magnolia Macaroon Pie	8 points for 1/8 pie
Berry Bar-B-Q	1 point for 1 oz	Mama's Meatloaf	4 points w. ground turkey
Black Bean Chili	4 points with ground turkey	Mississippi Delta Fudge Pie	6 points for 1/8 pie
BLT Dip	3 points for 2 oz.	Mississippi Mud Cake	8 points for 1/8 cake
Caramel Pecan Sauce	1 point for 1 Tbsp.	Morning Muffins	4 points for 1 made w. water
Catfish with Capers	4 points for 3 1/2 Tbsp.	Mulling Spices	2 pts for 1 cup w. apple juice
Chimmi Sauce	2 points for 1 oz.	New Orleans Beef	3 points with chicken breast
Chipotle Sauce	1 point for 2 Tbsp.	Peach Pecan Pepper Preserves	1 point for 1 Tbsp.
Chocolate Truffle CC Ball	7 points for 2 oz.	Plantation Pie	9 points for 1/8 pie
Cinn-ful Dip	3 points for 2 Tbsp.	Positively Smashing Potato Soup	1 point with 2% milk
Colonial Corn Chowder	2 points without butter	RazzMaTazz Sauce	1 point for 2 Tbsp.
Country French Cassoulet	1 pt. plain...4 with chicken	Roasted Onion Garlic Bread	3 points for 1/12 of loaf
Cranberry Chocolate Biscotti	7 points for 2 biscotti	Royal Fudge Sauce	3 points for 2 Tbsp.
Cranberry Chutney	1 point for 1 Tbsp.	Simply Spinach Dip	3 points for 2 oz.
Creamy Delta Bisque	4.5 pts. using whole milk -plain 7 1/2 pts adding chicken	Smoked Catfish Pate	4 points for 3 1/2 Tbsp.
Creole File Gumbo	6 points with chicken & 1/2 cup rice	Southern Praline Pie	8 points for 1/8 pie
Deliciously Dill Dip	3 points for 2 oz.	Southwest Soup	4 points with 1 chicken breast
East Indian Curry	3 points with 1 chicken breast	Suddenly Salsa	0 points for 3.5 oz.
Fruit Crumble	7 points for 1/8 using peaches	Sweet Potato Muffins	4 points for 1 muffin
Garlic Herb Dip	3.5 for 1/4 cup w. butter/cream cheese 3 for 1/4 cup w. sour cream/mayo	Tangy Tomato Dressing	4 points for 2 Tbsp.
Grand Old Chess Pie	7 points for 1/8 pie	Toffee Crunch Cheese Cake Ball	7 points for 2 oz.
Great Grilling Marinade	1 point for 1 Tbsp.	Tomato Basil Beer Bread	3 points for 1/12 loaf
Jezebel Sauce	1 point for 1 Tbsp.	Tuscan Bean and Pasta Soup	1 point plain...4 with chicken
Lake Shackleford Lemon	6 points for 1/8 pie	Vidalia Onion Vinaigrette	3 points for 2 Tbsp.
Lemon Almond CC Ball	3 points for 2 oz.	White Chili	1 point plain...4 with chicken
		Wholesome Whole Wheat Bread	2 points for 1/12 of loaf