



DIABETIC FRIENDLY MIXES

Some products are seasonal and therefore may not be available throughout the year. However, we recognize that you may have this product in your home kitchen and we want to make this list fully effective for you. * Indicates mixes that are no longer available for purchase.

This document is meant as a guide to ingredients and does not represent official labeling requirements of the FDA. Our information is based on what is provided to Homemade Gourmet® by manufacturers. We strive to make this list as accurate as possible.

Homemade Gourmet® Mix	Serving Size	Carbohydrate grams	Fiber grams	Sugar grams
Apple Pecan Vinaigrette Mix	1 ½ Tbsp	14	0	12
Awesome Oatmeal Cookie Mix	3 Tbsp	18	1	11
Bacon Cheeseburger Meatloaf Mix	2 Tbsp	4	0	1
Baked Bean Mix	6 ½ Tbsp	8	0	2
Baked Potato Soup Mix	1 ½ Tbsp	14	1	0
Basic Cheesecake Mix	2 Tbsp	16	0	16
Beef and Barley Stew Mix	¼ Cup	15	3	3
Black Bean Salsa Mix	2 Tbsp	5	<1	2
BLT Dip Mix	1 tsp	1	0	0
Bonnie's Blue Ribbon Chili Mix	2 Tbsp	9	3	2
Buffalo Wing Sauce Mix *	1 ½ tsp	3	0	0
Chicken Enchilada Soup Mix	2 tsp	2	0	1
Chicken Noodle Soup Mix	3 Tbsp	10	<1	2
Chipotle Steakhouse Rub	2 tsp	4	<1	2
Cilantro Citrus Marinade Mix	1 ½ Tbsp	9	0	7
Cilantro Lime Chicken Salad Mix	3 ½ Tbsp	7	1	4
Cinnamon Spice Makes Everything Nice Tea	¼ Tbsp	0	0	0
Cool Cucumber Dip Mix	⅓ tsp	0	0	0
Cool Lemonade Cheesecake Mix	2 ¼ Tbsp	16	0	12
Country Style Gravy Mix	1 ½ Tbsp	2	0	0
Cranberry Margarita Party Blender Mix	¾ Tbsp	9	0	9
Creamy Corn Chowder Mix	5 tsp	6	0	2
Garlic and Parmesan Bread Dippin' Mix	¾ tsp	1	0	0
Garlic Basil Seasoning Mix	1 ⅓ tsp	1	0	1
Garlic Lemon Marinade Mix	¾ tsp	1	0	0
Grandmother's Sunday Roast Seasoning Mix	2 Tbsp	9	<1	3
Gusto Garlic Pesto Cheese Ball Mix	⅔ tsp	1	0	0
Hearty Beef and Vegetable Soup Mix	3 Tbsp	11	2	2
Homestyle Spaghetti Sauce Mix	2 ½ tsp	6	<1	2
Italian Mozzarella Meatloaf Mix	4 tsp	4	0	1
Italian Red Pepper Bread Dippin' Mix	1 tsp	1	1	1
Jalapeno Bacon Cheddar Dip Mix	½ Tbsp	2	0	0
Jalapeno Ole Soup Mix	1 Tbsp	5	0	1
Kansas City Rub Seasoning Mix	1 Tbsp	7	1	5
Key Lime Cheesecake Ball Mix	1 Tbsp	9	0	8
Louisiana Gumbo Mix	1 Tbsp	4	<1	0
Maria's Salsa Mix	1 tsp	1	0	0
Mediterranean Medley Seasoning	½ tsp	0	0	0

Mini Pecan Pie Muffin Mix	2 Tbsp	15	0	11
Mock Spinach Dip Mix	½ tsp	0	0	0
Mojito Mint Tea	¼ Tbsp	0	0	0
Mom's Smashed Potatoes Mix	⅓ cup	17	2	2
Old Fashioned Meatloaf Mix	4 tsp	4	<1	1
Orange Vinaigrette Mix	1 Tbsp	9	0	8
Passion Fruit Margarita Party Blender Mix	2 ½ tsp	9	0	8
Peanut Butter Cookie Mix	7 tsp	15	0	7
Pepper Pizzazz Seasoning	½ tsp	1	0	0
Pumpkin Pie Cheesecake Mix	2 Tbsp	17	0	15
Raspberry Velvet Fruit Dip Mix	2 tsp	5	0	1
Roasted Tomato Salsa Mix	½ tsp	1	0	0
Rosemary Citrus Seasoning	1 tsp	2	1	0
Sassy Sangria Party Blender Mix	3 ½ tsp	14	0	13
Season 'n' Steam BBQ Sandwich Mix	3 ½ tsp	10	1	5
Season 'n' Steam Broccoli and Beef Mix	2 ½ tsp	6	0	1
Season 'n' Steam Fajitas Mix	2 ½ tsp	3	1	1
Season 'n' Steam Orange Ginger Chicken Mix	1 Tbsp	9	0	6
Season 'n' Steam Philly Cheesesteak Mix	2 ½ Tbsp	6	1	1
Season 'n' Steam Sloppy Joe Mix	2 Tbsp	10	2	3
Shepherd's Pie Casserole Mix	5 Tbsp	17	2	3
Smokin' BBQ Dip Mix	½ tsp	1	0	0
Snappy Seasoned Salt	½ tsp	1	0	0
Southern Pecan Praline Mix	2 ½ Tbsp	9	1	9
Southwest Marinade Mix	2 tsp	3	1	0
Spiced Dip Mix	½ Tbsp	5	0	5
Strawberrilicious Vanilla Tea	¼ Tbsp	0	0	0
Sun-Dried Tomato Dip Mix	1 Tbsp	4	<1	2
Taco Soup Mix	2 ½ tsp	4	0	1
Tami's Garden select Seasoning	½ tsp	1	0	0
Teriyaki Marinade Mix	1 Tbsp	10	0	1
Three Cheese Garlic Biscuit Mix	2 ½ Tbsp	12	0	1
Tiramisu Cheesecake Mix	⅓ cup	16	0	12
Tomato Basil Bread Mix	⅓ cup	14	1	5
Tomato Basil Soup Mix	3 ½ Tbsp	11	0	9
Tortilla Soup Mix	4 tsp	5	<1	1
Tropical Breeze Tea *	¼ Tbsp	0	0	0
Tropical Chicken Salad Mix	3 ½ tsp	15	1	12
Velvety Creations Sauce Mix	2 ⅔ tsp	1	0	0
White Chicken Chili Mix	3 Tbsp	17	5	2
World Vision Basic Bread Mix	⅓ cup	13	0	4
Zentastic Blackberry Jasmine Green Tea	¼ Tbsp	0	0	0

"Diabetic Friendly" denotes foods that meet criteria in accordance with general guidelines from the American Dietetic Association and the American Diabetes Association. More specifically, an unprepared mix with a net carbohydrate content of 15 grams or less (which is one "exchange") and considers the amount of fiber is termed "diabetic friendly" and can fit easily into exchange planning. For those individuals who also need to watch their sodium intake, look for mixes that have a sodium content of 140mg or less = low sodium product. For those individuals who also need a low saturated fat diet, look for mixes with not more than 15% of calories from saturated fat.