



Dessert Ingredient Substitutions and Calories Saved

<u>For</u>	<u>Use</u>	<u>Calories Saved</u>
Whole milk (1 cup = 155 calories)	Skim milk (1 cup = 86 calories)	69
Whole eggs (1 large egg = 70 calories)	2 egg whites (2 large egg whites = 30 calories)	40
Butter or margarine (1/2 cup = 800 calories)	60% oil margarine* (1/2 cup = 640 calories)	160
Sour cream (1/2 cup = 246 calories)	Plain, low-fat yogurt (1/2 cup = 72 calories)	174
Cream cheese (4 ounces = 400 calories)	“ $\frac{1}{3}$ -less” cream cheese (4 ounces = 250 calories)	150
	Fat-free cream cheese (4 ounces = 110 calories)	290
Evaporated Milk (1 cup = 336 calories)	Evaporated skim milk (1 cup = 200 calories)	136
Vegetable oil (1/2 cup = 960 calories)	Unsweetened applesauce (1/2 cup = 50 calories)	910
Double crust pie ($\frac{1}{8}$ of a pie = 240 calories)	Single crust pie shell ($\frac{1}{8}$ of a pie = 120 calories)	120

* Margarine with at least 55% oil (oil listed as the first ingredient) should be used for baking. If water is listed as the first ingredient it can be used in cold, non-baked, desserts but will not produce a good result in baked products.