



## **Guess the Calories in the Desserts Game**

The correct order of the desserts from most calories to least calories is:

1. Tiramisu                                750 calories and 50 grams fat
2. Crème Brûlée                        555 calories and 48 grams fat
3. Vanilla Ice Cream                    440 calories and 28 grams fat
4. Apple Pie                                410 calories and 19 grams fat
5. Apple Cobbler                         370 calories and 20 grams fat
6. Chocolate Chip Cookie              330 calories and 18 grams fat
7. Flourless Chocolate Cake          320 calories and 30 grams fat
8. Apple Crisp                             290 calories and 17 grams fat

Note: All of the above desserts were based on full-fat versions. Calories and fat grams will vary according to the recipe and ingredients chosen. Lower calorie versions (all with less than 300 calories and 10 grams fat per serving) of many of these desserts are included in the recipe section of this lesson.