

Weight Watcher Points for Taste of Gourmet Food Products

Points were calculated using regular products – using low fat products would reduce point count. Points are for one serving following directions on each package.

All-American Apple Cake	11 points for 1/12 of cake
Balsamic Salad Dressing	0 points for 2 Tbsp.
Bayou Beer Bread	3 points for 1/12 th of the loaf
Black Bean Chili	4 points with ground turkey
BLT Dip	3 points for 2 oz.
Brunch Bread	3 points for 1/12 th of the loaf
Caramel Pecan Sauce	1 point for 1 Tbsp.
Carrot Jam	1 point for 1 Tbsp.
Cashew Caramel Scone	3 points for 1 scone
Catfish with Capers	4 points for 3 ½ Tbsp.
Chimmi Sauce	2 points for 1 oz.
Chipotle Sauce	1 point for 2 Tbsp.
Chocolate Truffle Cheese CB	7 points for 2 oz.
Cinn-ful Dip	3 points for 2 Tbsp.
Colonial Corn Chowder	2 points without butter
Cranberry Chocolate Biscotti	7 points for 2 biscotti
Cranberry Chutney	1 point for 1 Tbsp.
Cranberry Mustard	0 points for 1 Tbsp.
Creamy Delta Bisque	4 ½ points using whole milk plain 7 ½ points with chicken
Creole File Gumbo	6 points with chicken & ½ cup rice
Crispy Crumbles	1 point for 2 Tbsp.
East Indian Curry	3 points with 1 chicken breast
Fruit Crumble	7 points for 1/8 using peaches
Fudge Triples Cookies	7 points for 4 cookies
Garlic Herb Dip	3 ½ for ¼ cup with butter & cream cheese 3 for ¼ cup with sour cream and mayo
Grand Old Chess Pie	7 points for 1/8 pie
Great Grilling Marinade	1 point for 1 Tbsp.
Honey Mustard	0 points for 1 tsp.
Jezebel Sauce	1 point for 1 Tbsp.
Lake Shackelford Lemon	6 points for 1/8 pie
Lemon Almond Cheese CB	3 points for 2 oz.
Lemon Shortbread Cookies	4 points for 4 cookies

Lime Cilantro Dressing	0 points for 2 Tbsp.
Magnolia Macaroon Pie	8 points for 1/8 pie
Mama's Meatloaf	4 points with ground turkey
Mississippi Delta Fudge Pie	6 points for 1/8 pie
Morning Muffins	4 points for 1 muffin made with water
Mulling Spices	2 points for 1 cup with apple juice
New Orleans Beef	3 points with chicken breast
Old English Trifle	9 points for 1/8 of dessert
Peach Pecan Pepper P.	1 point for 1 Tbsp.
Plantation Pie	9 points for 1/8 pie
Positively Smashing Potato	1 point with 2% milk
Roasted Onion Garlic Bread	3 points for 1/12 th of the loaf
Sassy Seasoning	0 points for 1/8 tsp.
Simply Spinach Dip	3 points for 2 oz.
Smoked Catfish Pate	4 points for 3 ½ Tbsp.
Southern Citrus Dip	3 points for 2 oz.
Southern Praline Pie	8 points for 1/8 pie
Southwest Soup	4 points with 1 chicken breast
Suddenly Salsa	0 points for 3 ½ oz.
Sweet Potato Muffins	4 points for 1 muffin
Tangy Tomato Dressing	4 points for 2 Tbsp.
Tea Room Scone	3 points for 1 scone
The Crown Loaf	3 points for 1/12 th of the loaf
The Crown's Cocoa	1 point for 1 cup with water
Toffee Crunch Cheese CB	7 points for 2 oz.
Tomatillo Salsa	0 points for 2 Tbsp.
Tomato Basil Beer Bread	3 points for 1/12 th of the loaf
Tuscan Bean and Pasta Soup	1 point plain or 4 points with chicken
Vidalia Onion Vinaigrette	3 points for 2 Tbsp.
White Bean Casserole	1 point plain – 4 with 1 chicken breast
Wholesome Whole Wheat	2 points for 1/12 th of the loaf