

Carbohydrate Count of Common Food Items

The following calculations are based on the manufacturer's food labels and may be subject to change without warning. These calculations are not intended for medical use.

Food Item: Fruit and Fruit Juices	Serving Size	Grams of Carbohydrates
Applesauce –FA/RP**	½ cup	25 g
Apples, Sliced in water FA/RP	½ cup	12 g
Apple, fresh- Commodity	2 ¾" apple	appx. 21 g
Pear, fresh- Commodity	2 ½" x 3 ½" long pear	appx. 25 g
Apple Juice – Ardmore	4 oz	14 g
Grape Juice – Ardmore	4 oz	18 g
Orange Juice – Ardmore	4 oz	13 g
Cranberry Juice – Ardmore	4 oz	15 g
Fruit Juice Blend – Ardmore	4 oz	14 g
Diced Peaches in Light Syrup – FA/RP	½ cup	18 g
Diced Pears in Light Syrup – FA/RP	½ cup	20 g
Pineapple Tidbits – FA/RP	½ cup	16 g
Mandarin Oranges – FA/RP	½ cup	19 g
Mixed Fruit – FA/RP	½ cup	18 g
Sliced Peaches – Commodity	½ cup	appx. 18 g
Applesauce – Commodity	½ cup	appx. 24 g
Blueberries, frozen- Commodity	¼ cup	appx. 4 g
Cherries, frozen, sweetened- Commodity	¼ cup	appx. 14 g
Cherries, dried- Commodity	¼ cup	appx. 32 g
Diced Peaches – Commodity	½ cup	appx. 18 g
Raisins- Commodity	1.33 oz box	appx. 30 g
Food Item: Vegetables		
Corn Cobettes – FA/RP	1 piece	18 g
Corn, Canned – FA/RP	½ cup	20 g
Peas, Canned – F/RP	½ cup	16 g
Carrots, Canned – FA/RP	½ cup	6 g
String Beans, Canned – FA/RP	½ cup	4 g
Potato Rounds, Canned – FA/RP	5 potatoes	15 g
Pepper Strips, Canned – FA/RP	½ cup	4 g
Carrot Packs – Grimmingway	1 package (1.6 oz)	5 g
Potato Pearls Excel	½ cup	15 g
Instant Mashed Potatoes – FA/RP	½ cup	15 g
Hash Brown Patties – McCain	1 patty (2.25 oz)	15 g
Ovenable Tator Tots – McCain	2.5 oz (~8 pieces)	17 g
Ovenable ¾ Straight Cut Fry – McCain	2.3 oz (½ cup)	14 g
Smiley Fries – McCain	2.4 oz (~4 pieces)	20 g

Seasoned Curly Fries – McCain/Redstone Canyon	2.11 oz (½ cup)	15 g
Potato Wedges-McCain	½ cup	15 g
Ovenable Crinkle Cut 3/8” – McCain	2.11 oz (½ cup)	17 g
Ovenable Crinkle Cut ½” – McCain	2.5 oz (1/2 cup)	17 g
Sweet Potato Fries- McCain	2.33 oz (1/2 cup)	19 g
Vegetarian Beans – FA/RP	½ cup	25 g
Chick Peas – FA/RP	½ cup	19 g
Food Item: Chicken Products		
Grilled Chicken Patty – Tyson	1 patty (2.65 oz)	2 g
Whole Grain(WG) Chicken Patty – Tyson	1 patty (3.26 oz)	15 g
WG Hot N’ Spicy Chicken Patty- Tyson	1 patty	17 g
Chicken Nuggets – Tyson	5 nuggets	12 g
Whole Grain Chicken Nuggets- Tyson	5 nuggets	14 g
Chicken Sticks/Fryz – Tyson	8 sticks	10 g
Krispy Krunchy Chicken Tenders- Tyson	3 pieces (1.13 oz ea)	12 g
Popcorn Chicken – Tyson	15 pieces or 87 g	14 g
Diced Chicken- Tyson	3 oz	0 g
Fajita Seasoned Chicken Strips- Tyson	3 oz	2 g
Chicken Nuggets- Smart Picks-AdvancePierre	4 nuggets	12 g
Grilled Chicken Patty- AdvancePierre	1 patty (3.2 oz)	3 g
Breaded Chicken Patty- AdvancePierre	1 patty (3.00 oz)	12 g
Teriyaki Chicken Nuggets- AdvancePierre	4 nuggets	8 g
Food Item: Fish		
Fish Sticks- Trident	4 sticks	23 g
Fish Nuggets-SeaFit	4 nuggets	21 g
Food Item: Italian & Mexican Products		
Domino’s Pizza- Cheese	1 slice	49 g
Domino’s Pizza-Pepperoni	1 slice	48 g
Pizza 4 x 6 thick crust– Tony’s	1 pizza	40 g
Personal Pan Pizza – Tony’s	1 pizza	44 g
French Bread Pizza – Tony’s	1 pizza	34 g
Pizza Sticks – Tony’s	1 stick	17 g
Crispy Crust 5” Whole Grain Pizza – Tony’s	1 pizza	37 g
Ultimate Flatbread Pizza 3x8”- Tony’s	1 flatbread pizza	50 g
Cheese Pizza 16” Rolled Edge Harvest – Big Daddy’s	1 slice (1/10 th of the pizza)	39 g
Cheese Pizza 16” Rolled Edge- Big Daddy’s	1 slice (1/8 th of pizza)	54 g
Stuffed Crust Pizza-7”- Red Baron’s	1 pizza	50 g
5” Deep Dish Pizza- Red Baron’s	1 pizza	47 g
French Bread Pizza- Red Baron’s	1 pizza	32 g
Mozzarella Sticks- Anchor	1 stick	5 g
Mozzarella Sticks- McCain	4 sticks	34 g

Chicken or Cheese Quesadilla- Coyote Grill	2 pieces	35 g
Taco Shells- Old El Paso & Pancho Villa	3 Shells	20 g
12" Tortilla- Tyson	1 wrap	47 g
6" Tortilla- Tyson	1 wrap	15.5 g
Food Item: Beef Products		
Low Sodium Beef Pattie – AdvancePierre	1 patty (2.25 oz)	1 g
Flamebroiled Beef Salisbury Steak – AdvancePierre	2.14 oz	3 g
Beef Crumbles – AdvancePierre	2.19 oz	1 g
Meatloaf with Ketchup Glaze- AdvancePierre	1 piece (3 oz)	6 g
Beef Rib Patty w/ Honey BBQ Sauce- AdvancePierre	1 patty (3 oz)	10 g
Beef Meatballs- A+- AdvancePierre	5 meatballs (0.5 oz each)	5 g
Roast Beef- Berks	2 oz	1 g
Beef Frank- Berks	6" Frank	0 g
Food Item: Pork Products		
Pork Rib Patty w/ Honey BBQ Sauce – Advance	1 patty (3 oz)	10 g
Classic Homestyle Ham- Berks	2 oz	1 g
Food Item: Turkey Products		
Turkey Franks – Perdue	1 frank (2 oz)	2 g
Turkey Sausage – Jennie-O	1 link or patty	0 g
Deli Turkey – Jennie-O	4.41 oz	3 g
Deli Turkey Ham – Jennie-O	3.58 oz	2 g
Turkey Taco Meat- Jennie-O	2.97 oz	2 g
Turkey Ground Crumbles- Jennie-O	3 oz	1 g
Corn Dog Nuggets- House of Raeford	6 nuggets	33 g
Food Item: Breads		
qaz	4 oz	61 g
Everything Bagel – Sara Lee	4 oz	57 g
Onion Bagel – Sara Lee	4 oz	57 g
Sesame Bagel – Sara Lee	4 oz	56 g
Plain Bagel – Sara Lee	3 oz	49 g
Honey Whole Wheat Bagel – Sara Lee	4 oz	63 g
Plain Bagel –	4 oz	55 g
Honey Whole Wheat – Sara Lee	2.3 oz	38 g
Mini Bagel – Anthony and Sons	2 oz	28 g
Rye Bread 3# - Anthony & Sons	2.5 oz (1 slice)	31 g
White Bread – Stroehmann	1 slice	11 g
Hamburger Bun – Anthony & Sons	1 bun	24 g
Hot Dog Roll – Anthony & Sons	1 bun	18 g
Wheat Bread – Anthony & Sons	1 slice	13 g

Mini Sub Roll 6" – Anthony & Sons	1 roll	38 g
Whole Wheat Dinner Roll – Anthony & Sons	1 roll	13 g
Kaiser Roll – Anthony & Sons	1 roll	39 g
Whole Wheat Pan Roll – Anthony & Sons	1 roll	27 g
French Stick – Anthony & Sons	2 oz	24 g
Mini Sub Roll 5" – Anthony & Sons	1 roll	25 g
Whole Wheat Hot Dog Bun	1 roll	26g
Smuckers Uncrustables Grape or Straw	2.8 oz	33 g
Toasted Cheese Sandwich- AdvancePierre	1 sandwich (3.8 oz)	27 g
PB & J Jamwiches- AdvancePierre	1 sandwich (2.8 oz)	33 g
J & J Pretzel Bun	3 oz bun	44g
Food Item: Breakfast		
Pancakes – Aunt Jemima	3 pancakes	39 g
French Toast Sticks – Papetti's	3 sticks	25 g
French Toast Slice Cinnamon Swirl – Papetti's	1 piece	22 g
French Toast Aunt Jemima	3 pieces	40 g
Waffles – Aunt Jemima	3 waffles	30 g
Waffles Sticks – Krusteaz	3 sticks	30 g
Biscuits- Pillsbury 2.25 oz	1	31 g
Mini Pancakes- Pillsbury- Strawberry & Maple	1 pouch	34 g
Mini Cinnis- Pillsbury	1 package	40 g
Blueberry Muffin- Super Bakery- 1.8 oz	1 muffin	29 g
Corn Muffin- Super Bakery(SB)- 2.2 oz	1 muffin	38 g
Whole Wheat Banana Mini Loaf Muffin- SB	1 each	30 g
Whole Wheat Dreamy Orange Mini Loaf Muffin- SB	1 each	28 g
Whole Wheat Chocolate Chip Mini Loaf Muffin- SB	1 each	29 g
Food Items: Snacks		
Funnel Fries	10 fries	24 g
Chocolate Chip – REDI Bake	1 cookie (1 oz)	18 g
Oatmeal Raisin – REDI Bake	1 cookie (1 oz)	16 g
Sugar Cookie – REDI Bake	1 cookie (1 oz)	16 g
J & J Soft Pretzel Traditional Size	1 pretzel (2.5 oz)	38 g
J & J Soft Pretzel King Size	1 pretzel (5 oz)	76 g
Honey Grahams – Keebler	1 pkg (3 squares)	16 g
Food Items: Pasta		
Rotini- Cortona	2 oz	41 g
Chow Mein Noodles	½ cup	20 g
Mac & Cheese – Knors	½ cup	41 g
Flat Noodles – Medium	2 oz	40 g

Caesar's Medium Ravioli	5 pieces	35 g
Caesar's Lasagna Rollette	1 piece (4.5 oz)	29 g
Food Items: Condiments		
Peanut Butter- Commodity	2 tbsp	appx. 6 -7g
Marinara Sauce- FA/RP	½ cup	14 g
Spaghetti Sauce- Angela Mia	½ cup	10 g
Tomato Ketchup- FA/RP	1 tbsp	4 g
Chunky Salsa- USDA	2 tbsp	2 g
Nacho Cheese Sauce- FA/RP	¼ cup	6 g
Light Cream Cheese- Kraft	1 pc container	2 g
Syrup- FA/RP	3 tbsp	27 g
Light Ranch- Ken's	1.5 oz	6 g
Light Creamy Italian- Ken's	1.5 oz	4 g
Light Country French- Ken's	1.5 oz	13 g

**FA/RP: Frosty Acres & Restaurant Pride