

Serving Size	Cereal, Grains & Beans	Carb Content
1 cup	Beans, cooked from dry (kidney, pinto, black, white)	41 grams
½ cup	Black-eyed Peas, canned (Eden brand)	16 grams
⅔ cup	Bran cereal, Original, dry (Fiber One brand)	34 grams
¼ package	Cellophane Noodles (Ty Ling brand)	48 grams
½ cup	Cereal, Rice, puffed (Kellog's brand)	36 grams
1 ½ cup	Cereal, unsweetened (Cheerios brand)	29 grams
1 cup	Corn flour, masa, enriched, white	87 grams
⅔ cup	Corn, sweet, frozen, kernels (Bird's Eye brand)	14 grams
½ cup	Edamame, shelled, frozen (Seapoint Farms brand)	10 grams
½ cup	Egg Noodles, Chow Mein style, dry (La Choy brand)	19 grams
½ cup	Garbanzo or Channa, canned (Bush's Best brand)	20 grams
¼ cup	Granola, crunchy, Oats & Honey (Nature Valley brand)	19 grams
¼ cup	Grits, Old Fashioned (Quaker brand)	32 grams
1 cup	Hominy, canned, white	24 grams
¼ cup	Lentils/Dal, brown, dry (Bob's Red Mill brand)	34 grams
1 packet	Oatmeal, instant, Original (Quaker brand)	18 grams
1 cup	Pasta, cooked	42 grams
1 cup	Quinoa, cooked	40 grams
½ cup	Rice, white, long-grain, cooked	17 grams
1 cup	Rice Noodles, cooked	46 grams

Serving Size	Cereal, Grains & Beans	Carb Content
1 cup	Rice Vermicelli, cooked (Ka-Me brand)	43 grams
¼ cup	Split Peas, green, dry (Bob's Red Mill brand)	32 grams
1 bundle	Soba Noodles, dry (Koyo brand)	54 grams
½ cup	Tepary Beans, dry (Ramona Farms brand)	77 grams
1 pack	Tteok	110 grams
1 bundle	Udon Noodles (Koyo brand)	56 grams
Serving Size	Bread	Carb Content
1 medium	Bagel, plain/sesame/poppy seed	55 grams
1 piece	Biscuit, Southern Style Grands (Pillsbury brand)	24 grams
1 slice	Bread, whole wheat, commercially prepared	14 grams
1 slice	Challah (egg bread) (Stern's brand)	24 grams
3" x 2" piece	Corn Bread, from mix, prepared (Marie Callender's brand)	28 grams
5 pieces	Crackers, Saltines	11 grams
1 piece	English Muffin, Whole Wheat	27 grams
1 piece	Hamburger Bun (Ball Park brand)	28 grams
12" piece	Injera	25 grams
9" piece	Naan	45 grams
4" diameter	Pancake, plain	11 grams
½ cup	Panko	21 grams
1 piece	Paratha, plain	36 grams
1 slice	Pilot Bread (Sailor Boy brand)	17 grams
6.5" diameter	Pita	32 grams

Serving Size	Bread	Carb Content
1 medium bag	Potato chips, plain (Lay's brand)	15 grams
19 pieces	Pretzels, Snyder's Mini	23 grams
7" piece	Roti or Chappatti, wheat	18 grams
1 cup	Stuffing, bread	43 grams
1 piece	Taco shell (Old El Paso brand)	16 grams
2 tortillas	Tortilla, corn (Mission brand)	20 grams
1 soft taco	Tortilla, flour (Mission brand)	24 grams
2 pieces	Waffle (Eggo Homestyle brand)	30 grams
Serving Size	Dairy	Carb Content
1 slice	Cheese, Cheddar	0 grams
1 cup	Milk, reduced fat, 2% milkfat	12 grams
1 cup	Paneer	55 grams
1 container	Yogurt, Greek, non-fat	6 grams
Serving Size	Drinks	Carb Content
1 cup	Cuban Café con Leche	21 grams
1 cup	Fruit Juice (grape, prune, juice blend)	31 grams
1 cup	Fruit Juice (orange, apple, grapefruit, pineapple)	29 grams
1 cup	Lassi, Mango Flavor (Gopi brand)	32 grams
1 tall (12 fl oz)	Vanilla Latte, regular syrup (Starbucks brand)	28 grams

Serving Size	Desserts, Sweets & Snacks	Carb Content
2" x 2" x 1 ½" square	Baklava	30 grams
½ cup	Banana Pudding, instant, prepared with 2% fat milk (Jell-O brand)	29 grams
1/10 of package	Birthday Cake Mix, Funfetti (Pillsbury brand)	43 grams
1 piece	Brownie, mini, sprinkled, iced (Entenmann's brand)	36 grams
3 pieces	Cookie, Chocolate Chip, Original (Chips Ahoy! brand)	22 grams
1 piece	Donut, cake type, with icing, regular size	38 grams
1 cup	Flan, Caramel	73 grams
⅔ cup	Ice Cream, Strawberry (Tillamook brand)	25 grams
1 piece	Red Bean Bread (85 Degrees brand)	40 grams
1 cup	Rice Pudding	48 grams

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Carbohydrate Reference Guide

This reference guide provides carbohydrate content information per serving size for popular foods. Use it as a tool for carbohydrate counting or estimating at home and on the go.



Carb List

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Serving Size	Prepared Foods	Carb Content
½ can	Beans, baked, in tomato sauce (Heinz brand)	26 grams
1 bowl	Biscuits and Sausage Gravy (Jimmy Dean brand)	46 grams
1 package	Casserole, tuna noodle (Stouffer’s brand)	40 grams
1 cup	Chicken, crunchy, with soy garlic sauce, Korean style (bibigo brand)	23 grams
1 package	Chow Mein Noodles, Teriyaki Beef Flavor (Nissin brand)	63 grams
1 can	Congee, multigrain mixed (Taisun brand)	57 grams
1 package	Curry, Indian - Chicken, with rice and naan (Sukhi’s brand)	62 grams
1 cup	Curry, Indian - Fish	16 grams
½ cup	Curry, Indian - Roasted Tomato with Kale and Chickpeas (Sukhi’s brand)	21 grams
1 egg	Deviled Eggs	0 grams
5 dumplings	Dumplings, Potstickers, pork and vegetable, without sauce (Ling Ling brand)	40 grams
1 piece	Egg Roll, vegetable (Tai Pei brand)	22 grams
14 pieces	French Fries, oven baked, Gold Fries (Ore-Ida brand)	14 grams
1 piece	Fried Catfish, coated, made with butter	14 grams
1 cup	Fried Okra, battered	20 grams
1 piece	Fried Steak, country style, without sauce (Fast Fixin’ brand)	23 grams
1 cup	Gnocchi, potato (De Lallo brand)	50 grams
7 pieces	Gyoza, Chicken (Shirakiku brand)	34 grams

Serving Size	Prepared Foods	Carb Content
¼ cup	Hummus, classic (Sabra brand)	9 grams
¼ cup	Idli, Mix, uncooked (Deep brand)	18 grams
1 package	Instant Noodles, Jjajangmen (Paldo brand)	91 grams
1 package	Instant Noodles, Masala Style (Maggi brand)	43 grams
1 package	Instant Noodles, Ramen, Raoh Tonkotsu (Nissin brand)	68 grams
1 piece	Latkes, Potato Pancakes (Golden brand)	10 grams
1 piece	Lumpia, Beef and Vegetables (Family Loompya brand)	16 grams
⅔ cup	Mixed vegetables w/ corn, peas, carrots, green beans (Bird’s Eye brand)	10 grams
¼ cup	Muesli, Old Country Style (Bob’s Red Mill brand)	19 grams
1 pack	Pancit, Instant, Canton, citrus flavor (Lucky Me! brand)	35 grams
1 bowl	Pho, Vietnamese style soup bowl (Annie Chun’s brand)	62 grams
⅓ of pizza	Pizza, Pepperoni, Rising Crust (DiGiorno brand)	37 grams
½ cup	Poha	15 grams
1 bun	Pork Bun, Cabbage & Pork, steamed (Wei-Chuan brand)	28 grams
½ cup	Potato Bake, loaded (Bird’s Eye brand)	11 grams
¼ cup	Potatoes, mashed, dry, Buttery Homestyle (Idahoan brand)	20 grams
1 cup sliced	Raita, Cucumber (Prayati brand)	4 grams
½ cup	Rajma Masala (Kitchens of India brand)	19 grams

Serving Size	Prepared Foods	Carb Content
1 cup	Red Beans and Rice, prepared (Zatarain’s brand)	34 grams
⅓ cup	Sambar, Madras (Jyoti brand)	13 grams
3 pieces	Samosa, Potato and Pea, without sauce (Sukhi’s brand)	29 grams
4 pieces	Shrimp, Tempura (Seapak brand)	29 grams
1 bowl	Shrimp and Grits (Aquastar brand)	22 grams
1 stick	Sorullos (Kikuet brand)	24 grams
5 pieces	Sushi, California Roll (Banzai brand)	27 grams
1 piece	Tamales, Beef (El Monterey brand)	28 grams
4 pieces	Wontons, Mini, Vegetable Spicy (Annie Chun’s brand)	11 grams
Serving Size	Nuts & Seeds	Carb Content
1 cup	Almonds, dry roasted	22 grams
3 tbsp	Coconut, shredded, unsweetened (Bob’s Red Mill brand)	4 grams
⅓ cup	Coconut Milk, canned, unsweetened (Thai Kitchen brand)	2 grams
1 tbsp	Peanut Butter, chunky, with salt	5 grams
Serving Size	Sauces & Condiments	Carb Content
2 tbsp	Banana Sauce (Jufran brand)	9 grams
2 tbsp	Bulgogi Sauce (Born with Seoul brand)	9 grams
1 tbsp	Chutney, Coriander (Swad brand)	1 grams
1 tbsp	Chutney, Date Tamarind (Swad brand)	4 grams
1 tbsp	Chutney, Mango (Patak’s brand)	12 grams

Serving Size	Sauces & Condiments	Carb Content
1 tbsp	Curry Paste, Mild (Patak’s brand)	3 grams
1 tbsp	Doenjang (Kisoondo brand)	1 grams
1 tbsp	Green Curry Paste (Mekhala brand)	3 grams
2 tbsp	Hoisin Sauce (Lee Kum Kee brand)	18 grams
1 tbsp	Katsu Sauce (Kikkoman brand)	5 grams
1 tbsp	Ketchup, regular (Heinz brand)	5 grams
2 tbsp	Mirin, Aji-Mirin (Kikkoman brand)	15 grams
1 tsp	Miso Paste, mellow white (Miso Master brand)	3 grams
1 tsp	Mustard, yellow	0 grams
1 tsp	Oyster Sauce (Lee Kum Kee brand)	5 grams
2 tsp	Peanut Sauce (House of Tsang brand)	9 grams
¼ cup	Pesto, Basil (Buitoni brand)	5 grams
2 tbsp	Plum Sauce (Dynasty brand)	15 grams
1 tbsp	Ponzu (Kikkoman brand)	2 grams
1 tbsp	Red Curry Paste (Mekhala brand)	4 grams
1 tbsp	Sesame Paste (Lian How brand)	4 grams
1 tbsp	Sriracha (Huy Fong brand)	1 gram
2 tbsp	Sweet Chili Sauce (Thai Kitchen brand)	18 grams
1 tbsp	Tahini	3 grams
1 tbsp	Teriyaki (Kikkoman brand)	2 grams
Serving Size	Vegetables	Carb Content
1 cup	Broccoli, raw, chopped	6 grams
1 cup	Collard Greens, raw	2 grams
1 root	Lotus Root, raw	20 grams
1 cup	Mung Bean Sprouts, raw	6 grams

Serving Size	Vegetables	Carb Content
1 cup	Nopales, raw, sliced	2 grams
1 cup	Okra, raw	7 grams
1 cup	Pumpkin, raw, cubed	8 grams
1 cup	Squash (winter, acorn), raw, cubed	15 grams
1 cup	Summer Squash, raw, sliced	4 grams
1 cup	Sweet potato/Yam, plain, raw, cubed	27 grams
1 cup	Taro, raw, sliced	28 grams
1 cup	Yuca / Cassava Root, raw	79 grams
Serving Size	Fruit	Carb Content
3” diameter	Apple	16 grams
1 medium	Banana, green, cooked	29 grams
1 medium	Banana, ripe or slightly ripe	26 grams
1 cup	Berries (black or blue)	22 grams
3 pieces	Breadfruit, raw	6 grams
1 cup	Durian, raw or frozen, chopped	66 grams
½ fruit	Grapefruit, white, raw	10 grams
10 pieces	Grapes, red or green, raw	9 grams
1 cup	Guava, raw	24 grams
1 cup	Lychee, raw	31 grams
1 cup	Melon, Watermelon, cubed	12 grams
1 fruit	Orange	25 grams
1 medium	Peach, yellow, fresh	14 grams
½ cup	Peaches, canned, sliced, drained (Del Monte brand)	25 grams
1 medium	Pear, raw	27 grams
1 cup	Pineapple, raw, chunks	22 grams
1 medium	Plantain, green, raw	57 grams
1 small box	Raisins	34 grams
1 cup	Salmonberries, raw	10 grams
1 cup	Strawberries, fresh, halves	12 grams