

USDA Fruits, Snacks, Entrees and Sides Carb Data

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
ABIYUCH,RAW	1/2 cup	20.06	9.75	6.04	12.30
ACEROLA JUICE,RAW	1 cup	11.62	10.89	0.73	4.50
ACEROLA JUICE,RAW	1 fl oz	1.45	1.36	0.09	4.50
ACEROLA,(WEST INDIAN CHERRY),RAW	1 cup	7.54	0.00	1.08	6.59
ACEROLA,(WEST INDIAN CHERRY),RAW	1 fruit without refuse	0.37	0.00	0.05	6.59
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 cup	28.02	23.86	0.50	11.10
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 fl oz	3.50	2.98	0.06	11.10
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C,CA,& K	6 fl oz	20.34	16.76	0.53	11.19
APPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C,CA,& K	10 fl oz	33.90	27.94	0.89	11.19
APPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 cup	28.02	23.86	0.50	11.10
APPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 drink box (8.45 fl oz)	29.61	25.20	0.52	11.10
APPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 fl oz	3.50	2.98	0.06	11.10
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	1 cup	27.58	26.12	0.24	11.44
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O WO/ VIT C	1 fl oz	3.45	3.27	0.03	11.44
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	1 cup	27.58	0.00	0.24	11.44
APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O,W/ VIT C	1 fl oz	3.45	0.00	0.03	11.44
APPLE JUC,FRZ CONC,UNSWTND,UNDIL,W/ VIT C	1 can (6 fl oz)	86.51	81.93	0.00	41.00
APPLE JUC,FRZ CONC,UNSWTND,UNDIL,WO/ VIT C	1 can (6 fl oz)	86.51	81.93	0.84	40.60
APPLES,CND,SWTND,SLICED,DRND,HTD	1 cup slices	34.35	30.27	4.08	14.84
APPLES,CND,SWTND,SLICED,DRND,UNHTD	1 cup slices	34.07	30.60	3.47	15.00
APPLES,DEHYD (LO MOIST),SULFURED,STWD	1 cup	38.43	0.00	5.02	17.31
APPLES,DEHYD (LO MOIST),SULFURED,UNCKD	1 cup	56.12	48.68	7.44	81.13
APPLES,DRIED,SULFURED,STWD,W/ SUGAR	1 cup	58.04	0.00	5.32	18.83
APPLES,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup	39.07	33.97	5.10	13.32
APPLES,DRIED,SULFURED,UNCKD	1 cup	56.67	49.18	7.48	57.19
APPLES,DRIED,SULFURED,UNCKD	1 ring	4.22	3.66	0.56	57.19
APPLES,FRZ,UNSWTND,HTD	1 cup slices	24.72	0.00	2.68	10.70
APPLES,FRZ,UNSWTND,UNHTD	1 cup slices	21.30	17.47	2.25	11.01
APPLES,RAW,FUJI,W/ SKN	1 cup, sliced	16.59	12.73	2.29	13.12

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APPLES,RAW,FUJI,W/ SKN	1 large	35.92	27.56	4.96	13.12
APPLES,RAW,FUJI,W/ SKN	1 medium	29.22	22.43	4.03	13.12
APPLES,RAW,FUJI,W/ SKN	1 small	24.05	18.45	3.32	13.12
APPLES,RAW,GALA,W/ SKN	1 cup, sliced	14.91	11.30	2.51	11.38
APPLES,RAW,GALA,W/ SKN	1 large	27.36	20.74	4.60	11.38
APPLES,RAW,GALA,W/ SKN	1 medium	23.53	17.84	3.96	11.38
APPLES,RAW,GALA,W/ SKN	1 small	21.48	16.28	3.61	11.38
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 cup, sliced	14.82	10.94	2.62	11.20
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 large	29.24	21.59	5.16	11.20
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 medium	22.98	16.97	4.06	11.20
APPLES,RAW,GOLDEN DELICIOUS,W/ SKN	1 small	17.54	12.95	3.10	11.20
APPLES,RAW,GRANNY SMITH,W/ SKN	1 cup, sliced	14.83	10.45	3.05	10.81
APPLES,RAW,GRANNY SMITH,W/ SKN	1 large	28.04	19.76	5.77	10.81
APPLES,RAW,GRANNY SMITH,W/ SKN	1 medium	22.73	16.02	4.68	10.81
APPLES,RAW,GRANNY SMITH,W/ SKN	1 small	19.60	13.81	4.03	10.81
APPLES,RAW,RED DELICIOUS,W/ SKN	1 cup, sliced	15.33	11.42	2.51	11.76
APPLES,RAW,RED DELICIOUS,W/ SKN	1 large	36.56	27.25	5.98	11.76
APPLES,RAW,RED DELICIOUS,W/ SKN	1 medium	29.81	22.22	4.88	11.76
APPLES,RAW,RED DELICIOUS,W/ SKN	1 small	22.21	16.56	3.63	11.76
APPLES,RAW,WITH SKIN	1 cup slices	15.05	11.33	2.62	11.41
APPLES,RAW,WITH SKIN	1 cup, quartered or chopped	17.26	12.99	3.00	11.41
APPLES,RAW,WITH SKIN	1 extra small (2-1/2" dia)	13.95	10.49	2.42	11.41
APPLES,RAW,WITH SKIN	1 large (3-1/4" dia)	30.80	23.17	5.35	11.41
APPLES,RAW,WITH SKIN	1 medium (3" dia)	25.13	18.91	4.37	11.41
APPLES,RAW,WITH SKIN	1 NLEA serving	33.42	25.14	5.81	11.41
APPLES,RAW,WITH SKIN	1 small (2-3/4" dia)	20.58	15.48	3.58	11.41
APPLES,RAW,WITHOUT SKIN	1 cup slices	14.04	11.11	1.43	11.46
APPLES,RAW,WITHOUT SKIN	1 large (3-1/4" dia)	27.56	21.82	2.81	11.46
APPLES,RAW,WITHOUT SKIN	1 medium (3" dia)	20.54	16.26	2.09	11.46
APPLES,RAW,WITHOUT SKIN	1 small (2-3/4" dia)	16.84	13.33	1.72	11.46
APPLES,RAW,WO/ SKN,CKD,MICROWAVE	1 cup slices	24.50	19.74	4.76	11.61
APPLES,RAW,WO/SKN,CKD,BLD	1 cup slices	23.32	18.83	4.10	11.24
APPLESAUCE,CND,SWTND,W/SALT	1 cup	50.77	0.00	3.06	18.71
APPLESAUCE,CND,SWTND,WO/ SALT (INCLUDES USDA COMMODITY)	1 cup	43.03	36.09	2.95	16.29
APPLESAUCE,CND,UNSWTND,W/ VIT C	1 cup	27.50	22.91	2.68	10.17
APPLESAUCE,CND,UNSWTND,WO/ADDED VIT C (INCLUDES USDA COMMOD)	1 cup	27.50	22.91	2.68	10.17
APRICOT NECTAR,CND,W/ VIT C	1 cup	36.12	33.23	1.51	13.79
APRICOT NECTAR,CND,W/ VIT C	1 fl oz	4.52	4.16	0.19	13.79
APRICOT NECTAR,CND,WO/ VIT C	1 cup	36.12	34.61	1.51	13.79

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APRICOT NECTAR,CND,WO/ VIT C	1 fl oz	4.52	4.33	0.19	13.79
APRICOTS,CND,EX HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	1 cup, whole, without pits	61.13	0.00	3.94	23.25
APRICOTS,CND,EX LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, halves	30.88	0.00	3.95	10.90
APRICOTS,CND,H2O PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	2.30	1.72	0.58	4.79
APRICOTS,CND,H2O PK,W/SKN,SOL&LIQUIDS	1 cup, halves	15.53	11.64	3.89	4.79
APRICOTS,CND,H2O PK,WO/SKN,SOL&LIQUIDS	1 cup, whole, without pits	12.44	0.00	2.50	4.38
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	8.59	7.95	0.64	19.87
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, halves	55.39	51.26	4.13	19.87
APRICOTS,CND,HVY SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, whole	51.53	47.69	3.84	19.87
APRICOTS,CND,HVY SYRUP PK,WO/SKN,SOL&LIQUIDS	1 cup, whole, without pits	55.34	0.00	4.13	19.85
APRICOTS,CND,HVY SYRUP,DRND	1 cup, halves	46.67	40.84	5.91	18.61
APRICOTS,CND,HVY SYRUP,DRND	1 cup, whole	38.78	33.94	4.91	18.61
APRICOTS,CND,JUC PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	4.44	3.87	0.58	10.74
APRICOTS,CND,JUC PK,W/SKN,SOL&LIQUIDS	1 cup, halves	30.11	26.21	3.90	10.74
APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 apricot half with liquid	6.60	5.96	0.64	14.89
APRICOTS,CND,LT SYRUP PK,W/SKN,SOL&LIQUIDS	1 cup, halves	41.72	37.67	4.05	14.89
APRICOTS,DEHYD (LOW- MOISTURE),SULFURED,STWD	1 cup	81.22	0.00	0.00	32.62
APRICOTS,DEHYD (LOW- MOISTURE),SULFURED,UNCKD	1 cup	98.64	0.00	0.00	82.89
APRICOTS,DRIED,SULFURED,STWD,W/ SUGAR	1 cup, halves	79.00	0.00	11.07	25.16
APRICOTS,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup, halves	55.38	48.93	6.50	19.55
APRICOTS,DRIED,SULFURED,UNCKD	1 cup, halves	81.43	69.47	9.49	55.34
APRICOTS,DRIED,SULFURED,UNCKD	1 half	2.19	1.87	0.26	55.34
APRICOTS,FROZEN,SWEETENED	1 cup	60.74	0.00	5.32	22.90
APRICOTS,RAW	1 apricot	3.89	3.23	0.70	9.12
APRICOTS,RAW	1 cup, halves	17.24	14.32	3.10	9.12
APRICOTS,RAW	1 cup, sliced	18.35	15.25	3.30	9.12
AVOCADOS,RAW,ALL COMM VAR	1 avocado, NS as to Florida or California	17.15	1.33	13.47	1.83
AVOCADOS,RAW,ALL COMM VAR	1 cup, cubes	12.80	0.99	10.05	1.83

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
AVOCADOS,RAW,ALL COMM VAR	1 cup, pureed	19.62	1.52	15.41	1.83
AVOCADOS,RAW,ALL COMM VAR	1 cup, sliced	12.45	0.96	9.78	1.83
AVOCADOS,RAW,CALIFORNIA	1 cup, pureed	19.87	0.69	15.64	1.84
AVOCADOS,RAW,CALIFORNIA	1 fruit, without skin and seed	11.75	0.41	9.25	1.84
AVOCADOS,RAW,CALIFORNIA	1 NLEA serving	2.59	0.09	2.04	1.84
AVOCADOS,RAW,FLORIDA	1 cup, pureed	17.99	5.57	12.88	2.22
AVOCADOS,RAW,FLORIDA	1 fruit without skin and seeds	23.77	7.36	17.02	2.22
BANANAS,DEHYD,OR BANANA PDR	1 cup	88.28	47.30	9.90	78.38
BANANAS,DEHYD,OR BANANA PDR	1 tbsp	5.47	2.93	0.61	78.38
BANANAS,RAW	1 cup, mashed	51.39	27.52	5.85	20.24
BANANAS,RAW	1 cup, sliced	34.26	18.35	3.90	20.24
BANANAS,RAW	1 extra large (9" or longer)	34.72	18.59	3.95	20.24
BANANAS,RAW	1 extra small (less than 6" long)	18.50	9.91	2.11	20.24
BANANAS,RAW	1 large (8" to 8-7/8" long)	31.06	16.63	3.54	20.24
BANANAS,RAW	1 medium (7" to 7-7/8" long)	26.95	14.43	3.07	20.24
BANANAS,RAW	1 NLEA serving	28.78	15.41	3.28	20.24
BANANAS,RAW	1 small (6" to 6-7/8" long)	23.07	12.35	2.63	20.24
BLACKBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	59.14	50.43	8.70	19.70
BLACKBERRIES,FRZ,UNSWTND	1 cup, unthawed	23.66	16.11	7.55	10.67
BLACKBERRIES,FRZ,UNSWTND	1 package (18 oz)	79.92	54.42	25.50	10.67
BLACKBERRIES,RAW	1 cup	13.84	7.03	7.63	4.31
BLACKBERRY JUC,CND	1 cup	19.50	19.25	0.25	7.70
BLUEBERRIES,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	56.47	52.38	4.10	20.46
BLUEBERRIES,CND,LT SYRUP,DRND	1 cup	55.29	42.58	6.34	20.06
BLUEBERRIES,DRIED,SWTND	1/4 cup	32.00	27.00	3.00	72.50
BLUEBERRIES,FRZ,SWTND	1 cup, thawed	50.49	45.36	5.06	19.75
BLUEBERRIES,FRZ,SWTND	1 package (10 oz)	62.34	56.00	6.25	19.75
BLUEBERRIES,FRZ,UNSWTND	1 cup, unthawed	18.86	13.10	4.19	9.47
BLUEBERRIES,FRZ,UNSWTND	1 package (20 oz)	69.00	47.91	15.31	9.47
BLUEBERRIES,RAW	1 cup	21.45	14.74	3.55	12.09
BLUEBERRIES,RAW	50 berries	9.85	6.77	1.63	12.09
BLUEBERRIES,WILD,CND,HVY SYRUP,DRND	1 cup	90.34	61.50	15.63	23.42
BLUEBERRIES,WILD,FRZ	1 cup, frozen	19.39	0.00	6.16	9.45
BOYSENBERRIES,CND,HVY SYRUP	1 cup	57.11	0.00	6.66	19.71
BOYSENBERRIES,FRZ,UNSWTND	1 cup, unthawed	16.09	9.09	7.00	6.89
BOYSENBERRIES,FRZ,UNSWTND	1 package (10 oz)	34.62	19.57	15.05	6.89

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREADFRUIT,RAW	1/4 fruit, small	26.04	10.56	4.70	22.22
BREADFRUIT,RAW	1 cup	59.66	24.20	10.78	22.22
CARAMBOLA,(STARFRUIT),RAW	1 cup, cubes	8.88	5.25	3.70	3.93
CARAMBOLA,(STARFRUIT),RAW	1 cup, sliced	7.27	4.30	3.02	3.93
CARAMBOLA,(STARFRUIT),RAW	1 large (4-1/2" long)	8.35	4.94	3.47	3.93
CARAMBOLA,(STARFRUIT),RAW	1 medium (3-5/8" long)	6.12	3.62	2.55	3.93
CARAMBOLA,(STARFRUIT),RAW	1 small (3-1/8" long)	4.71	2.79	1.96	3.93
CARISSA,(NATAL-PLUM),RAW	1 cup slices	20.45	0.00	0.00	13.63
CARISSA,(NATAL-PLUM),RAW	1 fruit without skin and seeds	2.73	0.00	0.00	13.63
CHERIMOYA,RAW	1 cup, pieces	28.34	20.59	4.80	14.71
CHERIMOYA,RAW	1 fruit without skin and seeds	41.62	30.24	7.05	14.71
CHERRIES,SOUR,CND,H2O PK,DRND	1 cup	17.56	11.74	2.02	9.25
CHERRIES,SOUR,RED,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup	76.29	0.00	2.09	28.43
CHERRIES,SOUR,RED,CND,H2O PK,SOL&LIQUIDS (INCL USDA CMDTY)	1 cup	21.81	18.54	2.68	7.84
CHERRIES,SOUR,RED,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.57	56.76	2.82	22.17
CHERRIES,SOUR,RED,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	48.64	0.00	2.02	18.50
CHERRIES,SOUR,RED,FRZ,UNSWTND	1 cup, unthawed	17.08	13.98	2.48	9.42
CHERRIES,SOUR,RED,FRZ,UNSWTND	1 package (18 oz)	56.20	46.00	8.16	9.42
CHERRIES,SOUR,RED,RAW	1 cup, with pits, yields	12.55	8.74	1.65	10.58
CHERRIES,SOUR,RED,RAW	1 cup, without pits	18.88	13.16	2.48	10.58
CHERRIES,SWEET,RAW	1 cherry	1.31	1.05	0.17	13.91
CHERRIES,SWEET,RAW	1 cup, with pits, yields	22.09	17.69	2.90	13.91
CHERRIES,SWEET,RAW	1 cup, without pits	24.66	19.74	3.23	13.91
CHERRIES,SWEET,RAW	1 NLEA serving	22.41	17.95	2.94	13.91
CHERRIES,SWT,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, pitted	68.46	0.00	3.92	24.73
CHERRIES,SWT,CND,H2O PK,SOL&LIQUIDS	1 cup, pitted	29.16	25.44	3.72	10.26
CHERRIES,SWT,CND,JUC PK,SOL&LIQUIDS	1 cup, pitted	34.53	30.78	3.75	12.31
CHERRIES,SWT,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, pitted	43.57	39.79	3.78	15.79
CHERRIES,SWT,CND,PITTED,HVY SYRUP PK,SOL & LIQUIDS	1 cup	53.81	40.94	3.54	19.87
CHERRIES,SWT,CND,PITTED,HVY SYRUP,DRND	1 cup	37.72	28.96	4.12	18.77
CHERRIES,SWT,FRZ,SWTND	1 cup, thawed	57.91	52.47	5.44	20.26

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CHERRIES,SWT,FRZ,SWTND	1 package (10 oz)	63.50	57.54	5.96	20.26
CHERRIES,TART,DRIED,SWTND	1/4 cup	32.18	26.86	1.00	77.95
CLEMENTINES,RAW	1 fruit	8.89	6.79	1.26	10.32
CRABAPPLES,RAW	1 cup slices	21.95	0.00	0.00	19.95
CRANBERRIES,DRIED,SWTND	1/3 cup	32.94	26.00	2.28	76.66
CRANBERRIES,RAW	1 cup, chopped	13.42	4.44	5.06	7.60
CRANBERRIES,RAW	1 cup, whole	12.20	4.04	4.60	7.60
CRANBERRY JUC,UNSWTND	1 cup	30.87	30.61	0.25	12.10
CRANBERRY JUC,UNSWTND	1 fl oz	3.86	3.82	0.03	12.10
CRANBERRY SAU,CND,SWTND	1 cup	107.75	104.98	2.77	37.90
CRANBERRY SAU,CND,SWTND	1 slice (1/2" thick, approx 8 slices per can)	22.17	21.60	0.57	37.90
CRANBERRY-ORANGE RELISH,CND	1 cup	127.05	0.00	0.00	46.20
CURRANTS,EUROPEAN BLACK,RAW	1 cup	17.23	0.00	0.00	15.38
CURRANTS,RED&WHITE,RAW	1 cup	15.46	8.25	4.82	9.50
CURRANTS,ZANTE,DRIED	1 cup	106.68	96.88	9.79	67.28
DATES,DEGLET NOOR	1 cup, chopped	110.29	93.12	11.76	67.03
DATES,DEGLET NOOR	1 date, pitted	5.33	4.50	0.57	67.03
DATES,MEDJOL	1 date, pitted	17.99	15.95	1.61	68.27
DURIAN,RAW OR FROZEN	1 cup, chopped or diced	65.83	0.00	9.23	23.29
DURIAN,RAW OR FROZEN	1 fruit	163.08	0.00	22.88	23.29
ELDERBERRIES,RAW	1 cup	26.68	0.00	10.15	11.40
FEIJOA,RAW	1 cup 1/2" chunks	31.18	16.81	13.12	8.81
FEIJOA,RAW	1 cup, pureed	36.96	19.93	15.55	8.81
FEIJOA,RAW	1 fruit without peel	6.39	3.44	2.69	8.81
FIGS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup	72.71	0.00	0.00	27.86
FIGS,CND,H2O PK,SOL&LIQUIDS	1 cup	34.70	29.24	5.46	11.79
FIGS,CND,H2O PK,SOL&LIQUIDS	1 fig with liquid	3.78	3.18	0.59	11.79
FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.31	53.61	5.70	20.70
FIGS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 fig with liquid	6.41	5.80	0.62	20.70
FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	45.23	40.70	4.54	16.15
FIGS,CND,LT SYRUP PK,SOL&LIQUIDS	1 fig with liquid	5.03	4.52	0.50	16.15
FIGS,DRIED,STEWED	1 cup	71.41	60.48	10.88	23.37
FIGS,DRIED,UNCOOKED	1 cup	95.17	71.40	14.60	54.07
FIGS,DRIED,UNCOOKED	1 fig	5.37	4.03	0.82	54.07
FIGS,RAW	1 large (2-1/2" dia)	12.28	10.41	1.86	16.28
FIGS,RAW	1 medium (2-1/4" dia)	9.59	8.13	1.45	16.28
FIGS,RAW	1 small (1-1/2" dia)	7.67	6.50	1.16	16.28
FRUIT COCKTAIL,CND,EX HVY SYRUP,SOL&LIQUIDS	1/2 cup	29.76	0.00	1.43	21.79

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FRUIT COCKTAIL,CND,EX HVY SYRUP,SOL&LIQUIDS	1 cup	59.51	0.00	2.86	21.79
FRUIT COCKTAIL,CND,EX LT SYRUP,SOL&LIQUIDS	1/2 cup	14.30	0.00	1.35	10.53
FRUIT COCKTAIL,CND,H2O PK,SOL&LIQUIDS	1 cup	20.17	17.80	2.37	7.51
FRUIT COCKTAIL,CND,HVY SYRUP,DRND	1 cup	40.23	36.68	3.64	17.10
FRUIT COCKTAIL,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	46.90	44.42	2.48	17.91
FRUIT COCKTAIL,CND,JUC PK,SOL&LIQUIDS	1 cup	28.11	25.74	2.37	10.86
FRUIT COCKTAIL,CND,LT SYRUP,SOL&LIQUIDS	1 cup	36.13	33.71	2.42	13.93
FRUIT SALAD,CND,EX HVY SYRUP,SOL&LIQUIDS	1 cup	58.97	0.00	2.59	21.77
FRUIT SALAD,CND,H2O PK,SOL&LIQUIDS	1 cup	19.28	0.00	2.45	6.87
FRUIT SALAD,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	48.73	46.18	2.55	18.11
FRUIT SALAD,CND,JUC PK,SOL&LIQUIDS	1 cup	32.49	0.00	2.49	12.05
FRUIT SALAD,CND,LT SYRUP,SOL&LIQUIDS	1 cup	38.15	0.00	2.52	14.14
FRUIT SALAD,TROPICAL,CND,HVY SYRUP,SOL&LIQUIDS	1 cup	57.47	0.00	3.34	21.06
GOOSEBERRIES,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	47.25	0.00	6.05	16.35
GOOSEBERRIES,RAW	1 cup	15.27	0.00	6.45	5.88
GRAPE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 cup	37.37	35.93	0.51	14.57
GRAPE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 fl oz	4.67	4.49	0.06	14.57
GRAPE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 cup	37.37	35.93	0.51	14.57
GRAPE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 fl oz	4.67	4.49	0.06	14.57
GRAPE JUC,CND OR BTLD,W/ ADDED VIT C & CA	1 cup	37.37	35.93	0.51	14.57
GRAPE JUC,CND OR BTLD,W/ ADDED VIT C & CA	1 fl oz	4.67	4.49	0.06	14.57
GRAPEFRUIT JUC,WHITE,CND,SWTND	1 cup	27.83	27.58	0.25	11.03
GRAPEFRUIT JUC,WHITE,CND,SWTND	1 fl oz	3.47	3.44	0.03	11.03
GRAPEFRUIT JUC,WHITE,CND,UNSWTND	1 cup	22.13	21.88	0.25	8.86
GRAPEFRUIT JUC,WHITE,CND,UNSWTND	1 fl oz	2.77	2.74	0.03	8.86
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,DIL W/ 3 VOLUME H2O	1 cup	24.03	23.79	0.25	9.63
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,DIL W/ 3 VOLUME H2O	1 fl oz	3.01	2.98	0.03	9.63
GRAPEFRUIT JUC,WHITE,FRZ CONC,UNSWTND,UNDIL	1 can (6 fl oz)	71.54	70.71	0.83	34.16
GRAPEFRUIT JUC,WHITE,RAW	1 cup	22.72	22.48	0.25	9.10
GRAPEFRUIT JUC,WHITE,RAW	1 fl oz	2.84	2.81	0.03	9.10
GRAPEFRUIT JUC,WHITE,RAW	1 fruit yields	18.03	17.84	0.20	9.10
GRAPEFRUIT JUICE,PINK,RAW	1 cup	22.72	0.00	0.00	9.20
GRAPEFRUIT JUICE,PINK,RAW	1 fruit yields	18.03	0.00	0.00	9.20

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
GRAPEFRUIT,RAW,PINK & RED,FLORIDA	1/2 fruit (3-3/4" dia)	9.23	0.00	1.35	6.40
GRAPEFRUIT,RAW,PINK & RED,FLORIDA	1 cup sections, with juice	17.25	0.00	2.53	6.40
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1/2 large (approx 4-1/2" dia)	13.41	11.59	1.83	6.98
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1/2 medium (approx 4" dia)	10.34	8.93	1.41	6.98
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1/2 small (approx 3-1/2" dia)	8.08	6.98	1.10	6.98
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	1 cup sections, with juice	18.58	16.05	2.53	6.98
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1/2 fruit (3-3/4" dia)	13.11	8.47	1.97	9.06
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1 cup sections, with juice	24.52	15.85	3.68	9.06
GRAPEFRUIT,RAW,PINK&RED,ALL AREAS	1 NLEA serving	16.42	10.61	2.46	9.06
GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZON A	1/2 fruit (3-3/4" dia)	11.92	0.00	0.00	9.69
GRAPEFRUIT,RAW,PINK&RED,CALIFORNIA&ARIZON A	1 cup sections, with juice	22.29	0.00	0.00	9.69
GRAPEFRUIT,RAW,WHITE,ALL AREAS	1/2 fruit (3-3/4" dia)	9.92	8.63	1.30	7.31
GRAPEFRUIT,RAW,WHITE,ALL AREAS	1 cup sections, with juice	19.34	16.81	2.53	7.31
GRAPEFRUIT,RAW,WHITE,CALIFORNIA	1/2 fruit (3-3/4" dia)	10.73	0.00	0.00	9.09
GRAPEFRUIT,RAW,WHITE,CALIFORNIA	1 cup sections, with juice	20.91	0.00	0.00	9.09
GRAPEFRUIT,RAW,WHITE,FLORIDA	1/2 fruit (3-3/4" dia)	9.66	0.00	0.00	8.19
GRAPEFRUIT,RAW,WHITE,FLORIDA	1 cup sections, with juice	18.84	0.00	0.00	8.19
GRAPEFRUIT,SECTIONS,CND,H2O PK,SOL&LIQUIDS	1 cup	22.33	21.35	0.98	8.75
GRAPEFRUIT,SECTIONS,CND,JUC PK,SOL&LIQUIDS	1 cup	22.93	21.91	1.00	8.81
GRAPEFRUIT,SECTIONS,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup	39.22	38.20	1.02	15.04
Grapes, muscadine, raw	1 grape	0.84	0.00	0.23	10.03
GRAPES,AMERICAN TYPE (SLIP SKN),RAW	1 cup	15.78	14.95	0.83	16.25
GRAPES,AMERICAN TYPE (SLIP SKN),RAW	1 grape	0.41	0.39	0.02	16.25
GRAPES,CND,THOMPSON SEEDLESS,H2O PK,SOL&LIQUIDS	1 cup	25.24	23.77	1.47	9.70
GRAPES,CND,THOMPSON SEEDLESS,HVY SYRUP PK,SOL&LIQUIDS	1 cup	50.30	48.77	1.54	19.05
GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	1 cup	27.33	23.37	1.36	17.20

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GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	1 NLEA serving	22.81	19.50	1.13	17.20
GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON SEEDLESS),RAW	10 grapes	8.87	7.59	0.44	17.20
GROUNDCHERRIES,(CAPE-GOOSEBERRIES OR POHA),RAW	1 cup	15.68	0.00	0.00	11.20
GUANABANA NECTAR,CND	1 cup	37.47	32.81	0.25	14.83
GUAVA NECTAR,CND	1 cup	40.79	32.50	2.51	15.25
GUAVA SAUCE,COOKED	1 cup	22.56	13.99	8.57	5.88
GUAVAS,COMMON,RAW	1 cup	23.63	14.72	8.91	8.92
GUAVAS,COMMON,RAW	1 fruit, without refuse	7.88	4.91	2.97	8.92
GUAVAS,STRAWBERRY,RAW	1 cup	42.36	0.00	13.18	11.96
GUAVAS,STRAWBERRY,RAW	1 fruit without refuse	1.04	0.00	0.32	11.96
HORNED MELON (KIWANO)	1 cup	17.61	0.00	0.00	7.56
HORNED MELON (KIWANO)	1 fruit (4-2/3" long x 2-3/4" dia)	15.80	0.00	0.00	7.56
JACKFRUIT,CND,SYRUP PK	1 cup, drained	42.61	0.00	1.60	23.04
JACKFRUIT,RAW	1 cup 1" pieces	35.11	28.81	2.27	21.75
JACKFRUIT,RAW	1 cup, sliced	38.36	31.48	2.48	21.75
JAVA-PLUM,(JAMBOLAN),RAW	1 cup	21.01	0.00	0.00	15.56
JAVA-PLUM,(JAMBOLAN),RAW	3 fruit	1.40	0.00	0.00	15.56
JUICE SMOOTHIE,BOLTHOUSE FARMS,BERRY BOOST	1 cup	27.47	23.44	0.00	10.90
JUICE SMOOTHIE,BOLTHOUSE FARMS,GRN GOODNESS	1 cup	32.75	29.75	2.50	12.10
JUICE SMOOTHIE,BOLTHOUSE FARMS,STRAWBERRY BANANA	1 cup	32.41	27.91	2.54	11.76
JUICE SMOOTHIE,NAKED JUC,BLUE MACHINE	8 fl oz	40.01	28.99	6.96	13.77
JUICE SMOOTHIE,NAKED JUC,GRN MACHINE	8 fl oz	33.00	28.01	0.00	13.75
JUICE SMOOTHIE,NAKED JUC,MIGHTY MANGO	8 fl oz	36.00	30.00	0.00	15.00
JUICE SMTHIE,ODWALLA,ORIGINAL SUPERFD,FRUIT SMTHIE BLEND	12 fl oz	43.98	36.99	2.13	11.79
JUICE,APPL & GRAPE BLEND,W/ ADDED VIT C	8 fl oz	31.15	27.30	0.50	12.26
JUICE,APPL,GRAPE & PEAR BLEND,W/ ADDED VIT C & CA	8 fl oz	32.40	24.88	0.50	12.76
KIWIFRUIT,GOLD,RAW	1 cup, sliced	26.47	20.42	3.72	12.23
KIWIFRUIT,GOLD,RAW	1 fruit	12.24	9.44	1.72	12.23
KIWIFRUIT,GRN,RAW	1 cup, sliced	26.39	16.18	5.40	11.66
KIWIFRUIT,GRN,RAW	1 fruit (2" dia)	10.12	6.20	2.07	11.66
KIWIFRUIT,GRN,RAW	1 NLEA serving	21.70	13.31	4.44	11.66

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KUMQUATS,RAW	1 fruit without refuse	3.02	1.78	1.24	9.40
LEMON JUC,CND OR BTLD	1 cup	15.81	5.86	0.98	6.08
LEMON JUC,CND OR BTLD	1 fl oz	1.98	0.73	0.12	6.08
LEMON JUC,CND OR BTLD	1 individual packet	0.32	0.12	0.02	6.08
LEMON JUC,CND OR BTLD	1 tbsp	0.97	0.36	0.06	6.08
LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	1 cup	15.86	5.86	0.98	6.10
LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH	1 fl oz	1.98	0.73	0.12	6.10
LEMON JUICE,RAW	1 cup	16.84	6.15	0.73	6.60
LEMON JUICE,RAW	1 fl oz	2.10	0.77	0.09	6.60
LEMON JUICE,RAW	1 lemon yields	3.31	1.21	0.14	6.60
LEMON JUICE,RAW	1 wedge yields	0.41	0.15	0.02	6.60
LEMON PEEL,RAW	1 tbsp	0.96	0.25	0.64	5.40
LEMON PEEL,RAW	1 tsp	0.32	0.08	0.21	5.40
LEMONS,RAW,WITHOUT PEEL	1 cup, sections	19.76	5.30	5.94	6.52
LEMONS,RAW,WITHOUT PEEL	1 fruit (2-1/8" dia)	5.41	1.45	1.62	6.52
LEMONS,RAW,WITHOUT PEEL	1 fruit (2-3/8" dia)	7.83	2.10	2.35	6.52
LEMONS,RAW,WITHOUT PEEL	1 NLEA serving	5.41	1.45	1.62	6.52
LEMONS,RAW,WITHOUT PEEL	1 wedge or slice (1/8 of one 2-1/8" dia lemon)	0.65	0.18	0.20	6.52
LIME JUC,CND OR BTLD,UNSWTND	1 cup	16.46	3.37	0.98	6.29
LIME JUC,CND OR BTLD,UNSWTND	1 fl oz	2.06	0.42	0.12	6.29
LIME JUICE,RAW	1 cup	20.38	4.09	0.97	8.02
LIME JUICE,RAW	1 fl oz	2.59	0.52	0.12	8.02
LIME JUICE,RAW	1 lime yields	3.70	0.74	0.18	8.02
LIMES,RAW	1 fruit (2" dia)	7.06	1.13	1.88	7.74
LIMES,RAW	1 NLEA serving	7.06	1.13	1.88	7.74
LITCHIS,DRIED	1 fruit	1.77	1.65	0.12	66.10
LITCHIS,RAW	1 cup	31.41	28.94	2.47	15.23
LITCHIS,RAW	1 fruit without refuse	1.59	1.46	0.12	15.23
LOGANBERRIES,FROZEN	1 cup, unthawed	19.14	11.32	7.79	7.72
LONGANS,DRIED	1 fruit	1.26	0.00	0.00	74.00
LONGANS,RAW	1 fruit without refuse	0.48	0.00	0.04	14.04
LOQUATS,RAW	1 cup, cubed	18.09	0.00	2.53	10.44
LOQUATS,RAW	1 large	2.43	0.00	0.34	10.44
LOQUATS,RAW	1 medium	1.94	0.00	0.27	10.44
LOQUATS,RAW	1 small	1.65	0.00	0.23	10.44
MAMMY-APPLE,(MAMEY),RAW	1 fruit without refuse	105.75	0.00	25.38	9.50
MANGO NECTAR,CND	1 cup	32.93	31.25	0.75	12.82

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MANGOS,RAW	1 cup pieces	24.72	22.54	2.64	13.38
MANGOS,RAW	1 fruit without refuse	50.33	45.90	5.38	13.38
MANGOSTEEN,CND,SYRUP PK	1 cup	38.69	0.00	3.89	16.11
MANGOSTEEN,CND,SYRUP PK	1 cup, drained	35.10	0.00	3.53	16.11
MARASCHINO CHERRIES,CND,DRND	1 cherry (NLEA serving)	2.10	1.94	0.16	38.77
MELON BALLS,FROZEN	1 cup, unthawed	13.74	0.00	1.21	7.24
MELONS,CANTALOUPE,RAW	1 cup, balls	14.44	13.91	1.59	7.26
MELONS,CANTALOUPE,RAW	1 cup, cubes	13.06	12.58	1.44	7.26
MELONS,CANTALOUPE,RAW	1 cup, diced	12.73	12.26	1.40	7.26
MELONS,CANTALOUPE,RAW	1 melon, large (about 6-1/2" dia)	66.42	63.98	7.33	7.26
MELONS,CANTALOUPE,RAW	1 melon, medium (about 5" dia)	45.04	43.39	4.97	7.26
MELONS,CANTALOUPE,RAW	1 melon, small (about 4-1/4" dia)	35.99	34.66	3.97	7.26
MELONS,CANTALOUPE,RAW	1 NLEA serving	10.93	10.53	1.21	7.26
MELONS,CANTALOUPE,RAW	1 wedge, large (1/8 of large melon)	8.32	8.02	0.92	7.26
MELONS,CANTALOUPE,RAW	1 wedge, medium (1/8 of medium melon)	5.63	5.42	0.62	7.26
MELONS,CANTALOUPE,RAW	1 wedge, small (1/8 of small melon)	4.49	4.32	0.50	7.26
MELONS,CANTALOUPE,RAW	10 cantaloupe balls	11.26	10.85	1.24	7.26
MELONS,CASABA,RAW	0 fruit	10.79	9.33	1.48	5.68
MELONS,CASABA,RAW	1 cup, cubes	11.19	9.67	1.53	5.68
MELONS,CASABA,RAW	1 melon	107.91	93.32	14.76	5.68
MELONS,HONEYDEW,RAW	1 cup, balls	16.09	14.37	1.42	8.29
MELONS,HONEYDEW,RAW	1 cup, diced (approx 20 pieces per cup)	15.45	13.80	1.36	8.29
MELONS,HONEYDEW,RAW	1 melon (5-1/4" dia)	90.90	81.20	8.00	8.29
MELONS,HONEYDEW,RAW	1 melon (6" - 7" dia)	116.35	103.94	10.24	8.29
MELONS,HONEYDEW,RAW	1 NLEA serving	12.18	10.88	1.07	8.29
MELONS,HONEYDEW,RAW	1 wedge (1/8 of 5-1/4" dia melon)	11.36	10.15	1.00	8.29
MELONS,HONEYDEW,RAW	1 wedge (1/8 of 6" to 7" dia melon)	14.54	12.99	1.28	8.29
MELONS,HONEYDEW,RAW	10 honeydew balls	12.54	11.21	1.10	8.29
MULBERRIES,RAW	1 cup	13.72	11.34	2.38	8.10

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MULBERRIES,RAW	10 fruit	1.47	1.22	0.26	8.10
NANCE,CND,SYRUP,DRND	3 fruit without pits	2.53	1.74	0.78	15.79
NANCE,FRZ,UNSWTND	1 cup without pits, thawed	19.01	9.31	8.40	9.47
NANCE,FRZ,UNSWTND	3 fruit without pits, thawed	1.66	0.81	0.74	9.47
NARANJILLA (LULO) PULP,FRZ,UNSWTND	1 cup thawed	7.08	4.49	1.32	4.80
NECTARINES,RAW	1 cup slices	15.09	11.28	2.43	8.85
NECTARINES,RAW	1 large (2-3/4" dia)	16.46	12.31	2.65	8.85
NECTARINES,RAW	1 medium (2-1/2" dia)	14.98	11.20	2.41	8.85
NECTARINES,RAW	1 NLEA serving	14.77	11.05	2.38	8.85
NECTARINES,RAW	1 small (2-1/3" dia)	13.61	10.18	2.19	8.85
OHELOBERRIES,RAW	1 cup	9.58	0.00	0.00	6.84
OHELOBERRIES,RAW	10 fruit	0.75	0.00	0.00	6.84
OLIVES,PICKLED,CND OR BTLD,GRN	1 olive	0.10	0.01	0.09	0.54
OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	1 jumbo	0.47	0.00	0.21	3.11
OLIVES,RIPE,CND (JUMBO-SUPER COLOSSAL)	1 super colossal	0.84	0.00	0.38	3.11
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 large	0.28	0.00	0.14	3.06
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 small	0.20	0.00	0.10	3.06
OLIVES,RIPE,CND (SMALL-EXTRA LRG)	1 tbsp	0.53	0.00	0.27	3.06
ORANGE JUC,CHILLED,INCL FROM CONC	1 cup	28.73	20.69	0.75	11.24
ORANGE JUC,CHILLED,INCL FROM CONC	1 fl oz	3.59	2.58	0.09	11.24
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADD CA & VITAMINS A,D,E	1 cup	28.73	20.69	0.75	11.24
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADD CA & VITAMINS A,D,E	1 fl oz	3.59	2.58	0.09	11.24
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA	1 cup	28.06	20.69	0.75	10.97
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA	1 fl oz	3.50	2.58	0.09	10.97
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA & VITAMIN D	1 cup	28.06	20.69	0.75	10.97
ORANGE JUC,CHILLED,INCL FROM CONC,W/ ADDED CA & VITAMIN D	1 fl oz	3.50	2.58	0.09	10.97
ORANGE JUC,CND,UNSWTND	1 cup	27.41	21.81	0.75	10.71
ORANGE JUC,CND,UNSWTND	1 drink box (8.45 fl oz)	28.96	23.04	0.79	10.71
ORANGE JUC,CND,UNSWTND	1 fl oz	3.42	2.72	0.09	10.71
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 cup	21.91	18.48	0.50	8.60
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 fl oz	2.74	2.31	0.06	8.60

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ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	1 cup	92.20	77.76	2.62	34.19
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL	1 fl oz	11.61	9.79	0.33	34.19
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL,W/ ADDED CA	1 cup	88.71	77.76	2.62	32.86
ORANGE JUC,FRZ CONC,UNSWTND,UNDIL,W/ ADDED CA	1 fl oz	11.17	9.79	0.33	32.86
ORANGE JUICE,RAW	1 cup	25.79	20.83	0.50	10.20
ORANGE JUICE,RAW	1 fl oz	3.22	2.60	0.06	10.20
ORANGE JUICE,RAW	1 fruit yields	8.94	7.22	0.17	10.20
ORANGE PEEL,RAW	1 tbsp	1.50	0.00	0.64	14.40
ORANGE PEEL,RAW	1 tsp	0.50	0.00	0.21	14.40
ORANGE PNAPPL JUC BLEND	8 fl oz	30.01	26.00	0.49	12.00
ORANGE-GRAPEFRUIT JUC,CND OR BTLD,UNSWTND	1 cup	25.39	25.14	0.25	10.18
ORANGE-GRAPEFRUIT JUC,CND OR BTLD,UNSWTND	1 fl oz	3.18	3.15	0.03	10.18
ORANGES,RAW,ALL COMM VAR	1 cup, sections	21.15	16.83	4.32	9.35
ORANGES,RAW,ALL COMM VAR	1 fruit (2-5/8" dia)	15.39	12.25	3.14	9.35
ORANGES,RAW,ALL COMM VAR	1 large (3-1/16" dia)	21.62	17.20	4.42	9.35
ORANGES,RAW,ALL COMM VAR	1 small (2-3/8" dia)	11.28	8.98	2.30	9.35
ORANGES,RAW,CALIFORNIA,VALENCIAS	1 cup sections, without membranes	21.40	0.00	4.50	9.39
ORANGES,RAW,CALIFORNIA,VALENCIAS	1 fruit (2-5/8" dia)	14.39	0.00	3.03	9.39
ORANGES,RAW,FLORIDA	1 cup sections, without membranes	21.35	16.91	4.44	9.14
ORANGES,RAW,FLORIDA	1 fruit (2-11/16" dia)	17.43	13.80	3.62	9.14
ORANGES,RAW,FLORIDA	1 fruit (2-5/8" dia)	16.27	12.89	3.38	9.14
ORANGES,RAW,NAVELS	1 cup sections, without membranes	20.69	14.03	3.63	10.34
ORANGES,RAW,NAVELS	1 fruit (2-7/8" dia)	17.56	11.90	3.08	10.34
ORANGES,RAW,NAVELS	1 NLEA serving	19.31	13.09	3.39	10.34
ORANGES,RAW,WITH PEEL	1 cup	26.35	0.00	7.65	11.00
ORANGES,RAW,WITH PEEL	1 fruit without seeds	24.65	0.00	7.16	11.00
PAPAYA NECTAR,CANNED	1 cup	36.28	34.78	1.50	13.91
PAPAYA NECTAR,CANNED	1 fl oz	4.53	4.34	0.19	13.91
PAPAYA,CND,HVY SYRUP,DRND	1 piece	21.77	20.36	0.59	54.33
PAPAYAS,RAW	1 cup 1" pieces	15.69	11.34	2.47	9.12
PAPAYAS,RAW	1 cup, mashed	24.89	17.99	3.91	9.12

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PAPAYAS,RAW	1 fruit, large	84.50	61.07	13.28	9.12
PAPAYAS,RAW	1 fruit, small	16.99	12.28	2.67	9.12
PASSION-FRUIT JUC,PURPLE,RAW	1 cup	33.59	33.10	0.49	13.40
PASSION-FRUIT JUC,PURPLE,RAW	1 fl oz	4.20	4.14	0.06	13.40
PASSION-FRUIT JUC,YEL,RAW	1 cup	35.69	35.20	0.49	14.25
PASSION-FRUIT JUC,YEL,RAW	1 fl oz	4.47	4.40	0.06	14.25
PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	1 cup	55.18	26.43	24.54	12.98
PASSION-FRUIT,(GRANADILLA),PURPLE,RAW	1 fruit without refuse	4.21	2.02	1.87	12.98
PEACH NECTAR,CND,W/ VIT C	1 cup	34.66	30.75	1.49	13.32
PEACH NECTAR,CND,W/ VIT C	1 fl oz	4.33	3.84	0.19	13.32
PEACH NECTAR,CND,WO/ VIT C	1 cup	34.66	33.17	1.49	13.32
PEACH NECTAR,CND,WO/ VIT C	1 fl oz	4.33	4.14	0.19	13.32
PEACHES,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, halves or slices	68.28	0.00	2.62	25.06
PEACHES,CND,EX LT SYRUP,SOL&LIQUIDS	1 cup, halves or slices	27.42	0.00	2.47	10.10
PEACHES,CND,H2O PK,SOL&LIQUIDS	1 cup, halves or slices	14.91	11.74	3.17	4.81
PEACHES,CND,H2O PK,SOL&LIQUIDS	1 half, with liquid	5.99	4.71	1.27	4.81
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	52.24	48.84	3.41	18.64
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 half, with liquid	19.54	18.27	1.27	18.64
PEACHES,CND,HVY SYRUP,DRND	1 cup	40.91	32.55	2.66	17.23
PEACHES,CND,HVY SYRUP,DRND	1 half	13.45	10.70	0.88	17.23
PEACHES,CND,HVY SYRUP,DRND	1 slice	2.34	1.86	0.15	17.23
PEACHES,CND,JUC PK,SOL&LIQUIDS	1 cup	28.93	25.68	3.25	10.27
PEACHES,CND,JUC PK,SOL&LIQUIDS	1 cup, halves or slices	28.69	25.47	3.22	10.27
PEACHES,CND,JUC PK,SOL&LIQUIDS	1 half, with liquid	11.34	10.06	1.27	10.27
PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, halves or slices	36.52	33.26	3.26	13.25
PEACHES,CND,LT SYRUP PK,SOL&LIQUIDS	1 half, with liquid	14.26	12.99	1.27	13.25
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,STWD	1 cup	82.62	0.00	0.00	34.14
PEACHES,DEHYD (LOW-MOISTURE),SULFURED,UNCKD	1 cup	96.49	0.00	0.00	83.18
PEACHES,DRIED,SULFURED,STWD,W/ SUGAR	1 cup	71.82	0.00	6.48	24.20
PEACHES,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup	50.80	43.83	6.97	16.99
PEACHES,DRIED,SULFURED,UNCKD	1 cup, halves	98.13	66.78	13.12	53.13
PEACHES,DRIED,SULFURED,UNCKD	1 half	7.97	5.43	1.07	53.13
PEACHES,FRZ,SLICED,SWTND	1 cup, thawed	59.95	55.45	4.50	22.18
PEACHES,FRZ,SLICED,SWTND	1 package (10 oz)	68.10	62.99	5.11	22.18
PEACHES,FRZ,SLICED,SWTND	10 slices	37.17	34.38	2.79	22.18

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PEACHES,RAW	1 cup slices	14.69	12.92	2.31	8.04
PEACHES,RAW	1 extra large (3" dia)	21.37	18.79	3.36	8.04
PEACHES,RAW	1 large (2-3/4" dia)	16.70	14.68	2.63	8.04
PEACHES,RAW	1 medium (2-2/3" dia)	14.31	12.59	2.25	8.04
PEACHES,RAW	1 NLEA serving	14.02	12.33	2.21	8.04
PEACHES,RAW	1 small (2-1/2" dia)	12.40	10.91	1.95	8.04
PEACHES,SPICED,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup, whole	48.59	45.45	3.15	18.78
PEAR NECTAR,CND,W/ VIT C	1 cup	39.40	37.90	1.50	15.16
PEAR NECTAR,CND,W/ VIT C	1 fl oz	4.92	4.73	0.19	15.16
PEAR NECTAR,CND,WO/ VIT C	1 cup	39.40	37.90	1.50	15.16
PEAR NECTAR,CND,WO/ VIT C	1 fl oz	4.92	4.73	0.19	15.16
PEARS,ASIAN,RAW	1 fruit 2-1/4" high x 2-1/2" dia	12.99	8.60	4.39	7.05
PEARS,ASIAN,RAW	1 fruit 3-3/8" high x 3" diameter	29.29	19.39	9.90	7.05
PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, halves	67.17	0.00	4.26	23.65
PEARS,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 half, with liquid	19.95	0.00	1.26	23.65
PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	1 cup, halves	30.13	0.00	3.95	10.60
PEARS,CND,EX LT SYRUP PK,SOL&LIQUIDS	1 half, with liquid	9.27	0.00	1.22	10.60
PEARS,CND,H2O PK,SOL&LIQUIDS	1 cup, halves	19.06	14.88	3.90	6.21
PEARS,CND,H2O PK,SOL&LIQUIDS	1 half, with liquid	5.94	4.64	1.22	6.21
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	50.99	40.43	4.26	17.57
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	1 half, with liquid	14.57	11.55	1.22	17.57
PEARS,CND,HVY SYRUP,DRND	1 cup	38.35	33.00	5.43	16.38
PEARS,CND,HVY SYRUP,DRND	1 half	9.16	7.88	1.30	16.38
PEARS,CND,JUC PK,SOL&LIQUIDS	1 cup, halves	32.09	24.06	3.97	11.34
PEARS,CND,JUC PK,SOL&LIQUIDS	1 half, with liquid	9.83	7.37	1.22	11.34
PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, halves	38.08	30.37	4.02	13.57
PEARS,CND,LT SYRUP PK,SOL&LIQUIDS	1 half, with liquid	11.53	9.20	1.22	13.57
PEARS,DRIED,SULFURED,STWD,W/ SUGAR	1 cup, halves	103.99	0.00	16.24	31.34
PEARS,DRIED,SULFURED,STWD,WO/ SUGAR	1 cup, halves	86.22	69.90	16.32	27.41
PEARS,DRIED,SULFURED,UNCKD	1 cup, halves	125.46	111.96	13.50	62.20
PEARS,DRIED,SULFURED,UNCKD	1 half	12.55	11.20	1.35	62.20
PEARS,DRIED,SULFURED,UNCKD	10 halves	121.98	108.85	13.13	62.20
PEARS,RAW	1 cup, cubes	24.52	15.70	4.99	12.13
PEARS,RAW	1 cup, slices	21.32	13.65	4.34	12.13
PEARS,RAW	1 large	35.03	22.43	7.13	12.13
PEARS,RAW	1 medium	27.11	17.36	5.52	12.13
PEARS,RAW	1 NLEA serving	25.28	16.19	5.15	12.13
PEARS,RAW	1 small	22.54	14.43	4.59	12.13

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PEARS,RAW,BARTLETT	1 cup, sliced	21.01	13.57	4.34	11.91
PEARS,RAW,BARTLETT	1 large	34.07	22.00	7.04	11.91
PEARS,RAW,BARTLETT	1 medium	26.57	17.15	5.49	11.91
PEARS,RAW,BARTLETT	1 small	22.82	14.73	4.71	11.91
PEARS,RAW,BOSC	1 cup, sliced	22.54	14.32	4.34	13.00
PEARS,RAW,BOSC	1 large	35.26	22.40	6.79	13.00
PEARS,RAW,BOSC	1 medium	28.82	18.31	5.55	13.00
PEARS,RAW,BOSC	1 small	25.60	16.27	4.93	13.00
PEARS,RAW,GRN ANJOU	1 cup, sliced	22.11	13.62	4.34	12.69
PEARS,RAW,GRN ANJOU	1 large	38.21	23.55	7.50	12.69
PEARS,RAW,GRN ANJOU	1 medium	31.90	19.65	6.26	12.69
PEARS,RAW,GRN ANJOU	1 small	27.16	16.74	5.33	12.69
PEARS,RAW,RED ANJOU	1 cup, sliced	20.92	13.36	4.20	11.94
PEARS,RAW,RED ANJOU	1 large	33.32	21.27	6.69	11.94
PEARS,RAW,RED ANJOU	1 medium	23.46	14.98	4.71	11.94
PEARS,RAW,RED ANJOU	1 small	18.82	12.02	3.78	11.94
PERSIMMONS,JAPANESE,DRIED	1 fruit without refuse	24.97	0.00	4.93	58.93
PERSIMMONS,JAPANESE,RAW	1 fruit (2-1/2" dia)	31.23	21.05	6.05	14.99
PERSIMMONS,NATIVE,RAW	1 fruit without refuse	8.38	0.00	0.00	33.50
PINEAPPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 cup	32.18	24.95	0.50	12.67
PINEAPPLE JUC,CND OR BTLD,UNSWTND,W/ ADDED VIT C	1 fl oz	4.03	3.12	0.06	12.67
PINEAPPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 cup	32.18	24.95	0.50	12.67
PINEAPPLE JUC,CND OR BTLD,UNSWTND,WO/ ADDED VIT C	1 fl oz	4.03	3.12	0.06	12.67
PINEAPPLE JUC,DOLE,CND,NOT FROM CONC,UNSWTND,W/ ADD VITA,C,E	1 cup	30.45	24.95	0.50	11.98
PINEAPPLE JUC,DOLE,CND,NOT FROM CONC,UNSWTND,W/ ADD VITA,C,E	1 fl oz	3.81	3.12	0.06	11.98
PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 cup	31.68	31.18	0.50	12.47
PINEAPPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	1 fl oz	3.95	3.89	0.06	12.47
PINEAPPLE JUC,FRZ CONC,UNSWTND,UNDIL	1 can (6 fl oz)	95.69	94.18	1.51	43.60
PINEAPPLE,CND,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	55.90	0.00	2.08	20.70
PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	20.42	18.45	1.97	7.50

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PINEAPPLE,CND,H2O PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	3.90	3.53	0.38	7.50
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	51.31	42.93	2.03	19.40
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	9.90	8.28	0.39	19.40
PINEAPPLE,CND,JUC PK,DRND	1 cup, chunks	28.16	25.81	2.35	14.26
PINEAPPLE,CND,JUC PK,DRND	1 cup, crushed	30.34	27.81	2.54	14.26
PINEAPPLE,CND,JUC PK,DRND	1 cup, sliced	25.21	23.10	2.11	14.26
PINEAPPLE,CND,JUC PK,DRND	1 spear	4.05	3.71	0.34	14.26
PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	39.09	35.98	1.99	14.90
PINEAPPLE,CND,JUC PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	7.38	6.79	0.38	14.90
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1 cup, crushed, sliced, or chunks	33.89	31.88	2.02	12.65
PINEAPPLE,CND,LT SYRUP PK,SOL&LIQUIDS	1 slice or ring (3" dia) with liquid	6.46	6.07	0.38	12.65
PINEAPPLE,FRZ,CHUNKS,SWTND	1 cup, chunks	54.39	51.70	2.70	21.10
PINEAPPLE,RAW,ALL VAR	1 cup, chunks	21.65	16.25	2.31	11.72
PINEAPPLE,RAW,ALL VAR	1 fruit	118.74	89.14	12.67	11.72
PINEAPPLE,RAW,ALL VAR	1 slice (3-1/2" dia x 3/4" thick)	11.02	8.27	1.18	11.72
PINEAPPLE,RAW,ALL VAR	1 slice (4-2/3" dia x 3/4" thick)	21.78	16.35	2.32	11.72
PINEAPPLE,RAW,ALL VAR	1 slice, thin (3-1/2" dia x 1/2" thick)	7.35	5.52	0.78	11.72
PINEAPPLE,RAW,EX SWT VAR	1 cup, chunks	22.28	17.03	2.31	12.10
PINEAPPLE,RAW,EX SWT VAR	1 fruit	122.18	93.40	12.67	12.10
PINEAPPLE,RAW,EX SWT VAR	1 NLEA serving	15.12	11.56	1.57	12.10
PINEAPPLE,RAW,EX SWT VAR	1 slice (4-2/3" dia x 3/4" thick)	22.41	17.13	2.32	12.10
PINEAPPLE,RAW,TRADITIONAL VAR	1 cup, chunks	19.50	13.68	0.00	11.82
PINEAPPLE,RAW,TRADITIONAL VAR	1 fruit	118.44	83.07	0.00	11.82
PINEAPPLE,RAW,TRADITIONAL VAR	1 NLEA serving	13.24	9.28	0.00	11.82
PINEAPPLE,RAW,TRADITIONAL VAR	1 slice (4-2/3" dia x 3/4" thick)	20.69	14.51	0.00	11.82
PITANGA,(SURINAM-CHERRY),RAW	1 cup	12.96	0.00	0.00	7.49
PITANGA,(SURINAM-CHERRY),RAW	1 fruit without refuse	0.52	0.00	0.00	7.49
PLANTAINS,COOKED	1 cup slices	47.97	21.56	3.54	28.85
PLANTAINS,COOKED	1 cup, mashed	62.30	28.00	4.60	28.85
PLANTAINS,GRN,FRIED	1 cup	58.02	4.28	4.13	45.67

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PLANTAINS,GRN,FRIED	10 slices (1/4" thick)	26.06	1.92	1.86	45.67
PLANTAINS,RAW	1 cup, sliced	47.20	22.20	3.40	29.59
PLANTAINS,RAW	1 medium	57.08	26.85	4.12	29.59
PLANTAINS,YEL,FRIED,LATINO RESTAURANT	1 cup	68.90	36.77	5.41	37.57
PLUMS,CND,HVY SYRUP,DRND	1 cup, with pits, yields	42.31	39.49	2.75	21.62
PLUMS,CND,PURPLE,EX HVY SYRUP PK,SOL&LIQUIDS	1 cup, pitted	68.67	0.00	2.61	25.31
PLUMS,CND,PURPLE,H2O PK,SOL&LIQUIDS	1 cup, pitted	27.46	25.15	2.24	10.13
PLUMS,CND,PURPLE,H2O PK,SOL&LIQUIDS	1 plum with liquid	5.07	4.65	0.41	10.13
PLUMS,CND,PURPLE,HVY SYRUP PK,SOL&LIQUIDS	1 cup, pitted	59.96	57.56	2.32	22.34
PLUMS,CND,PURPLE,HVY SYRUP PK,SOL&LIQUIDS	1 plum with liquid	10.69	10.26	0.41	22.34
PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	1 cup, pitted	38.18	35.83	2.27	14.25
PLUMS,CND,PURPLE,JUC PK,SOL&LIQUIDS	1 plum with liquid	6.97	6.54	0.41	14.25
PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	1 cup, pitted	41.03	38.68	2.27	15.38
PLUMS,CND,PURPLE,LT SYRUP PK,SOL&LIQUIDS	1 plum with liquid	7.49	7.06	0.41	15.38
PLUMS,DRIED (PRUNES),STWD,W/ ADDED SUGAR	1 cup, pitted	81.54	0.00	9.42	29.08
PLUMS,DRIED (PRUNES),STWD,WO/ ADDED SUGAR	1 cup, pitted	69.64	61.95	7.69	24.98
PLUMS,DRIED (PRUNES),UNCKD	1 cup, pitted	111.15	66.35	12.35	56.78
PLUMS,DRIED (PRUNES),UNCKD	1 prune, pitted	6.07	3.62	0.67	56.78
PLUMS,RAW	1 cup, sliced	18.84	16.37	2.31	10.02
PLUMS,RAW	1 fruit (2-1/8" dia)	7.54	6.55	0.92	10.02
PLUMS,RAW	1 NLEA serving	17.24	14.98	2.11	10.02
POMEGRANATE JUC,BTLD	1 cup	32.69	31.50	0.25	13.03
POMEGRANATE JUC,BTLD	1 fl oz	4.12	3.97	0.03	13.03
POMEGRANATES,RAW	1/2 cup arils (seed/juice sacs)	16.27	11.89	3.48	14.70
POMEGRANATES,RAW	1 pomegranate (4" dia)	52.73	38.55	11.28	14.70
PRICKLY PEARS,RAW	1 cup	14.26	0.00	5.36	5.97
PRICKLY PEARS,RAW	1 fruit without refuse	9.86	0.00	3.71	5.97
PRUNE JUICE,CANNED	1 cup	44.67	42.11	2.56	16.45
PRUNE JUICE,CANNED	1 fl oz	5.58	5.26	0.32	16.45
PRUNE PUREE	2 tbsp	23.44	14.04	1.19	61.80
PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	65.05	0.00	8.89	24.00
PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS	5 prunes with liquid	23.91	0.00	3.27	24.00
PRUNES,DEHYD (LOW-MOISTURE),STWD	1 cup	83.16	0.00	0.00	29.70

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PRUNES,DEHYD (LOW-MOISTURE),UNCKD	1 cup	117.57	0.00	0.00	89.07
PUMMELO,RAW	1 cup, sections	18.28	0.00	1.90	8.62
PUMMELO,RAW	1 fruit without refuse	58.59	0.00	6.09	8.62
QUINCES,RAW	1 fruit without refuse	14.08	0.00	1.75	13.40
RAISINS,GOLDEN SEEDLESS	1 cup (not packed)	115.30	85.83	5.80	75.52
RAISINS,GOLDEN SEEDLESS	1 cup, packed	131.21	97.66	6.60	75.52
RAISINS,SEEDED	1 cup (not packed)	113.78	0.00	9.86	71.67
RAISINS,SEEDED	1 cup, packed	129.48	0.00	11.22	71.67
RAISINS,SEEDLESS	1 cup (not packed)	114.81	85.83	5.37	75.48
RAISINS,SEEDLESS	1 cup, packed	130.65	97.66	6.11	75.48
RAISINS,SEEDLESS	1 miniature box (.5 oz)	11.09	8.29	0.52	75.48
RAISINS,SEEDLESS	1 oz (60 raisins)	22.45	16.78	1.05	75.48
RAISINS,SEEDLESS	1 small box (1.5 oz)	34.05	25.45	1.59	75.48
RAISINS,SEEDLESS	50 raisins	20.59	15.39	0.96	75.48
RAMBUTAN,CND,SYRUP PK	1 cup	44.66	0.00	1.93	19.97
RAMBUTAN,CND,SYRUP PK	1 cup, drained	31.31	0.00	1.35	19.97
RAMBUTAN,CND,SYRUP PK	1 fruit	1.88	0.00	0.08	19.97
RASPBERRIES,CND,RED,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.80	51.35	8.45	20.06
RASPBERRIES,FRZ,RED,SWTND	1 cup, thawed	65.40	54.40	11.00	21.76
RASPBERRIES,FRZ,RED,SWTND	1 package (10 oz)	74.29	61.80	12.50	21.76
RASPBERRIES,FRZ,UNSWTND	1 cup, unthawed	16.72	6.19	9.10	5.44
RASPBERRIES,RAW	1 cup	14.69	5.44	8.00	5.44
RASPBERRIES,RAW	1 pint as purchased, yields	37.25	13.79	20.28	5.44
RASPBERRIES,RAW	10 raspberries	2.27	0.84	1.24	5.44
RHUBARB,FROZEN,UNCOOKED	1 cup, diced	6.99	1.51	2.47	3.30
RHUBARB,FRZ,CKD,W/SUGAR	1 cup	74.88	68.88	4.80	29.20
RHUBARB,RAW	1 cup, diced	5.54	1.34	2.20	2.74
RHUBARB,RAW	1 stalk	2.32	0.56	0.92	2.74
ROSELLE,RAW	1 cup, without refuse	6.45	0.00	0.00	11.31
ROWAL,RAW	1/2 cup	27.25	16.07	7.07	17.70
SAPODILLA,RAW	1 cup, pulp	48.10	0.00	12.77	14.66
SAPODILLA,RAW	1 sapodilla	33.93	0.00	9.01	14.66
SAPOTE,MAMEY,RAW	1 cup 1" pieces	56.18	35.25	9.45	26.70
SAPOTE,MAMEY,RAW	1 fruit without refuse	179.12	112.38	30.13	26.70
SOURSOP,RAW	1 cup, pulp	37.89	30.47	7.43	13.54

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SOURSOP,RAW	1 fruit (7" x 5-1/4" dia)	105.25	84.63	20.63	13.54
STRAWBERRIES,CND,HVY SYRUP PK,SOL&LIQUIDS	1 cup	59.77	55.45	4.32	21.83
STRAWBERRIES,FRZ,SWTND,SLICED	1 cup, thawed	66.10	61.23	4.85	24.02
STRAWBERRIES,FRZ,SWTND,SLICED	1 package (10 oz)	73.61	68.19	5.40	24.02
STRAWBERRIES,FRZ,SWTND,WHL	1 cup, thawed	53.55	47.46	4.85	19.10
STRAWBERRIES,FRZ,SWTND,WHL	1 package (10 oz)	59.64	52.85	5.40	19.10
STRAWBERRIES,FRZ,UNSWTND	1 berry	0.97	0.48	0.22	7.03
STRAWBERRIES,FRZ,UNSWTND	1 cup, thawed	20.18	10.08	4.64	7.03
STRAWBERRIES,FRZ,UNSWTND	1 cup, unthawed	13.60	6.79	3.13	7.03
STRAWBERRIES,FRZ,UNSWTND	1 package (20 oz)	51.77	25.86	11.91	7.03
STRAWBERRIES,RAW	1 cup, halves	11.67	7.43	3.04	5.68
STRAWBERRIES,RAW	1 cup, pureed	17.82	11.34	4.64	5.68
STRAWBERRIES,RAW	1 cup, sliced	12.75	8.12	3.32	5.68
STRAWBERRIES,RAW	1 cup, whole	11.06	7.04	2.88	5.68
STRAWBERRIES,RAW	1 extra large (1-5/8" dia)	2.07	1.32	0.54	5.68
STRAWBERRIES,RAW	1 large (1-3/8" dia)	1.38	0.88	0.36	5.68
STRAWBERRIES,RAW	1 medium (1-1/4" dia)	0.92	0.59	0.24	5.68
STRAWBERRIES,RAW	1 NLEA serving	11.29	7.19	2.94	5.68
STRAWBERRIES,RAW	1 pint as purchased, yields	27.42	17.46	7.14	5.68
STRAWBERRIES,RAW	1 small (1" dia)	0.54	0.34	0.14	5.68
SUGAR-APPLES,(SWEETSOP),RAW	1 cup, pulp	59.10	0.00	11.00	19.24
SUGAR-APPLES,(SWEETSOP),RAW	1 fruit (2-7/8" dia)	36.64	0.00	6.82	19.24
TAMARIND NECTAR,CND	1 cup	36.97	31.88	1.26	14.23
TAMARINDS,RAW	1 cup, pulp	75.00	46.56	6.12	57.40
TAMARINDS,RAW	1 fruit (3" x 1")	1.25	0.78	0.10	57.40
TANGERINE JUC,CND,SWTND	1 cup	29.88	29.38	0.50	11.80
TANGERINE JUC,CND,SWTND	1 fl oz	3.73	3.67	0.06	11.80
TANGERINE JUICE,RAW	1 cup	24.95	24.45	0.49	9.90
TANGERINE JUICE,RAW	1 fl oz	3.12	3.06	0.06	9.90
TANGERINES,(MANDARIN ORANGES),CND,JUC PK	1 cup	23.83	22.09	1.74	8.87
TANGERINES,(MANDARIN ORANGES),CND,JUC PK,DRND	1 cup	17.78	15.59	2.27	8.21
TANGERINES,(MANDARIN ORANGES),CND,LT SYRUP PK	1 cup	40.80	39.03	1.76	15.49
TANGERINES,(MANDARIN ORANGES),RAW	1 cup, sections	26.01	20.63	3.51	11.54
TANGERINES,(MANDARIN ORANGES),RAW	1 large (2-3/4" dia)	16.01	12.70	2.16	11.54

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TANGERINES,(MANDARIN ORANGES),RAW	1 medium (2-1/2" dia)	11.74	9.31	1.58	11.54
TANGERINES,(MANDARIN ORANGES),RAW	1 NLEA serving	14.54	11.53	1.96	11.54
TANGERINES,(MANDARIN ORANGES),RAW	1 small (2-1/4" dia)	10.14	8.04	1.37	11.54
WATERMELON,RAW	1 cup, balls	11.63	9.55	0.62	7.15
WATERMELON,RAW	1 cup, diced	11.48	9.42	0.61	7.15
WATERMELON,RAW	1 melon (15" long x 7-1/2" dia)	341.11	280.12	18.07	7.15
WATERMELON,RAW	1 NLEA serving	21.14	17.36	1.12	7.15
WATERMELON,RAW	1 wedge (approx 1/16 of melon)	21.59	17.73	1.14	7.15
WATERMELON,RAW	10 watermelon balls	9.21	7.56	0.49	7.15
ACORN FLOUR,FULL FAT	1 oz	15.49	0.00	0.00	54.65
ACORNS,DRIED	1 oz	15.21	0.00	0.00	53.66
ACORNS,RAW	1 oz	11.55	0.00	0.00	40.75
ALMOND BUTTER,PLN,W/SALT	1 cup	47.05	15.68	25.75	8.52
ALMOND BUTTER,PLN,W/SALT	1 tbsp	3.01	1.00	1.65	8.52
ALMOND BUTTER,PLN,WO/SALT	1 cup	47.05	11.08	25.75	8.52
ALMOND BUTTER,PLN,WO/SALT	1 tbsp	3.01	0.71	1.65	8.52
ALMOND PASTE	1 cup, firmly packed	108.53	82.29	10.90	43.01
ALMOND PASTE	1 oz	13.55	10.28	1.36	43.01
ALMONDS	1 almond	0.26	0.05	0.15	9.05
ALMONDS	1 cup, ground	20.47	4.13	11.88	9.05
ALMONDS	1 cup, sliced	19.83	4.00	11.50	9.05
ALMONDS	1 cup, slivered	23.27	4.70	13.50	9.05
ALMONDS	1 cup, whole	30.82	6.22	17.88	9.05
ALMONDS	1 oz (23 whole kernels)	6.11	1.23	3.54	9.05
ALMONDS,BLANCHED	1 cup whole kernels	27.07	6.71	14.36	8.77
ALMONDS,BLANCHED	1 oz	5.29	1.31	2.81	8.77
ALMONDS,BLANCHED	1 tbsp	1.70	0.42	0.90	8.77
ALMONDS,DRY RSTD,W/SALT	1 cup whole kernels	28.99	6.71	15.04	10.11
ALMONDS,DRY RSTD,W/SALT	1 oz (22 whole kernels)	5.96	1.38	3.09	10.11
ALMONDS,DRY RSTD,WO/SALT	1 cup whole kernels	28.99	6.71	15.04	10.11
ALMONDS,DRY RSTD,WO/SALT	1 oz (22 whole kernels)	5.96	1.38	3.09	10.11
ALMONDS,HONEY RSTD,UNBLANCHED	1 cup whole kernels	40.18	0.00	19.73	14.20

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ALMONDS,HONEY RSTD,UNBLANCHED	1 oz	7.91	0.00	3.88	14.20
ALMONDS,OIL RSTD,W/SALT	1 cup whole kernels	27.76	7.14	16.49	7.18
ALMONDS,OIL RSTD,W/SALT	1 oz (22 whole kernels)	5.01	1.29	2.98	7.18
ALMONDS,OIL RSTD,WO/SALT	1 cup whole kernels	27.76	7.14	16.49	7.18
ALMONDS,OIL RSTD,WO/SALT	1 oz (22 whole kernels)	5.01	1.29	2.98	7.18
BEECHNUTS,DRIED	1 oz	9.50	0.00	0.00	33.50
BRAZILNUTS,DRIED,UNBLANCHED	1 cup, whole	15.61	3.10	9.98	4.24
BRAZILNUTS,DRIED,UNBLANCHED	1 kernel	0.59	0.12	0.38	4.24
BRAZILNUTS,DRIED,UNBLANCHED	1 oz (6 kernels)	3.33	0.66	2.13	4.24
BREADFRUIT SEEDS,BOILED	1 oz	9.07	0.00	1.36	27.20
BREADFRUIT SEEDS,RAW	1 oz	8.29	0.00	1.47	24.04
BREADFRUIT SEEDS,ROASTED	1 oz	11.37	0.00	1.70	34.10
BUTTERNUTS,DRIED	1 cup	14.46	0.00	5.64	7.35
BUTTERNUTS,DRIED	1 nutmeat	0.36	0.00	0.14	7.35
BUTTERNUTS,DRIED	1 oz	3.42	0.00	1.33	7.35
CASHEW BUTTER,PLN,W/SALT	1 oz	8.59	2.58	0.85	27.30
CASHEW BUTTER,PLN,W/SALT	1 tbsp	4.85	1.45	0.48	27.30
CASHEW BUTTER,PLN,WO/SALT	1 oz	7.82	0.00	0.57	25.57
CASHEW BUTTER,PLN,WO/SALT	1 tbsp	4.41	0.00	0.32	25.57
CASHEW NUTS,DRY RSTD,W/SALT	1 cup, halves and whole	44.79	6.86	4.11	29.69
CASHEW NUTS,DRY RSTD,W/SALT	1 oz	9.27	1.42	0.85	29.69
CASHEW NUTS,DRY RSTD,WO/SALT	1 cup, halves and whole	44.79	6.86	4.11	29.69
CASHEW NUTS,DRY RSTD,WO/SALT	1 oz	9.27	1.42	0.85	29.69
CASHEW NUTS,DRY RSTD,WO/SALT	1 tbsp	2.81	0.43	0.26	29.69
CASHEW NUTS,OIL RSTD,W/SALT	1 cup, halves and pieces	38.91	6.46	4.26	26.86
CASHEW NUTS,OIL RSTD,W/SALT	1 cup, whole	38.91	6.46	4.26	26.86
CASHEW NUTS,OIL RSTD,W/SALT	1 oz (18 kernels)	8.55	1.42	0.94	26.86
CASHEW NUTS,OIL RSTD,WO/SALT	1 cup, halves and pieces	38.53	6.46	4.26	26.57
CASHEW NUTS,OIL RSTD,WO/SALT	1 cup, whole	38.53	6.46	4.26	26.57
CASHEW NUTS,OIL RSTD,WO/SALT	1 oz (18 kernels)	8.47	1.42	0.94	26.57
CHESTNUTS,CHINESE,BLD&STMD	1 oz	9.54	0.00	0.00	33.64
CHESTNUTS,CHINESE,DRIED	1 oz	22.61	0.00	0.00	79.76
CHESTNUTS,CHINESE,RAW	1 oz	13.91	0.00	0.00	49.07
CHESTNUTS,CHINESE,ROASTED	1 oz	14.84	0.00	0.00	52.36
CHESTNUTS,EUROPEAN,BLD&STMD	1 oz	7.87	0.00	0.00	27.76

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CHESTNUTS,EUROPEAN,DRIED,PEELED	1 oz	22.23	0.00	0.00	78.43
CHESTNUTS,EUROPEAN,DRIED,UNPEELED	1 oz	21.92	0.00	3.32	65.61
CHESTNUTS,EUROPEAN,RAW,PEELED	1 oz	12.52	0.00	0.00	44.17
CHESTNUTS,EUROPEAN,RAW,UNPEELED	1 cup	66.03	0.00	11.75	37.44
CHESTNUTS,EUROPEAN,RAW,UNPEELED	1 oz	12.91	0.00	2.30	37.44
CHESTNUTS,EUROPEAN,RSTD	1 cup	75.73	15.16	7.29	47.86
CHESTNUTS,EUROPEAN,RSTD	1 oz	15.01	3.01	1.45	47.86
CHESTNUTS,EUROPEAN,RSTD	10 kernels	44.49	8.90	4.28	47.86
CHESTNUTS,JAPANESE,BLD&STMD	1 oz	3.58	0.00	0.00	12.64
CHESTNUTS,JAPANESE,DRIED	1 cup	126.22	0.00	0.00	81.43
CHESTNUTS,JAPANESE,DRIED	1 oz	23.09	0.00	0.00	81.43
CHESTNUTS,JAPANESE,RAW	1 oz	9.90	0.00	0.00	34.91
CHESTNUTS,JAPANESE,RSTD	1 oz	12.79	0.00	0.00	45.13
CHIA SEEDS,DRIED	1 oz	11.94	0.00	9.75	7.72
COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	1 cup	15.96	0.00	5.28	4.45
COCONUT CRM,RAW (LIQ EXPRESSED FROM GRATED MEAT)	1 tbsp	1.00	0.00	0.33	4.45
COCONUT H2O (LIQ FROM COCONUTS)	1 coconut yields	7.64	5.38	2.27	2.61
COCONUT H2O (LIQ FROM COCONUTS)	1 cup	8.90	6.26	2.64	2.61
COCONUT H2O (LIQ FROM COCONUTS)	1 tbsp	0.56	0.39	0.17	2.61
COCONUT MEAT,DRIED (DESICCATED),CRMD	1 oz	6.10	0.00	0.00	21.52
COCONUT MEAT,DRIED (DESICCATED),NOT SWTND	1 oz	6.70	2.08	4.62	7.35
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	1 cup	31.50	0.00	3.47	36.41
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,CND	4 oz	46.64	0.00	5.13	36.41
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,PACKAGED	1 cup	44.07	31.24	8.42	41.95
COCONUT MEAT,DRIED (DESICCATED),SWTND,FLAKED,PACKAGED	1 oz	14.70	10.42	2.81	41.95
COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDED	1 cup, shredded	44.33	40.15	4.19	43.17
COCONUT MEAT,DRIED (DESICCATED),SWTND,SHREDDED	1 package (7 oz)	94.86	85.91	8.96	43.17
COCONUT MEAT,DRIED (DESICCATED),TSTD	1 oz	12.59	0.00	0.00	44.40
COCONUT MEAT,RAW	1 cup, shredded	12.18	4.98	7.20	6.23
COCONUT MEAT,RAW	1 medium	60.46	24.73	35.73	6.23
COCONUT MEAT,RAW	1 piece (2" x 2" x 1/2")	6.85	2.80	4.05	6.23
COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 cup	6.35	0.00	0.00	2.81

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COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 tbsp	0.42	0.00	0.00	2.81
COCONUT MILK,FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 cup	13.39	0.00	0.00	5.58
COCONUT MILK,FRZ (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 tbsp	0.84	0.00	0.00	5.58
COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 cup	13.30	8.02	5.28	3.34
COCONUT MILK,RAW (LIQ EXPRESSED FROM GRATED MEAT&H2O)	1 tbsp	0.83	0.50	0.33	3.34
COTTONSEED FLR,LOFAT (GLANDLESS)	1 oz	10.23	0.00	0.00	36.10
COTTONSEED FLR,PART DEFATTED (GLANDLESS)	1 cup	38.11	0.00	2.82	37.54
COTTONSEED FLR,PART DEFATTED (GLANDLESS)	1 tbsp	2.03	0.00	0.15	37.54
COTTONSEED KRNLs,RSTD (GLANDLESS)	1 cup	32.63	0.00	8.20	16.40
COTTONSEED KRNLs,RSTD (GLANDLESS)	1 tbsp	2.19	0.00	0.55	16.40
COTTONSEED MEAL,PART DEFATTED (GLANDLESS)	1 oz	10.89	0.00	0.00	38.43
FORMULATED,WHEAT-BASED,ALL FLAVORS XCPT MACADAMIA,WO/SALT	1 oz	5.89	0.00	1.47	15.59
FORMULATED,WHEAT-BASED,UNFLAVORED,W/SALT	1 oz	6.71	0.00	1.47	18.48
GINKGO NUTS,CANNED	1 cup (78 kernels)	34.26	0.00	14.42	12.80
GINKGO NUTS,CANNED	1 oz (14 kernels)	6.27	0.00	2.64	12.80
GINKGO NUTS,DRIED	1 oz	20.54	0.00	0.00	72.45
GINKGO NUTS,RAW	1 oz	10.66	0.00	0.00	37.60
HAZELNUTS OR FILBERTS	1 cup, chopped	19.21	4.99	11.16	7.00
HAZELNUTS OR FILBERTS	1 cup, ground	12.53	3.26	7.28	7.00
HAZELNUTS OR FILBERTS	1 cup, whole	22.55	5.86	13.10	7.00
HAZELNUTS OR FILBERTS	1 oz (21 whole kernels)	4.73	1.23	2.75	7.00
HAZELNUTS OR FILBERTS	10 nuts	2.34	0.61	1.36	7.00
HAZELNUTS OR FILBERTS,BLANCHED	1 oz	4.82	0.99	3.12	6.00
HAZELNUTS OR FILBERTS,DRY RSTD,WO/SALT	1 oz	4.99	1.39	2.66	8.20
HICKORYNUTS,DRIED	1 cup	21.90	0.00	7.68	11.85
HICKORYNUTS,DRIED	1 nut	0.55	0.00	0.19	11.85
HICKORYNUTS,DRIED	1 oz	5.17	0.00	1.81	11.85
LOTUS SEEDS,DRIED	1 cup	20.63	0.00	0.00	64.47
LOTUS SEEDS,DRIED	1 oz (42 medium seeds)	18.28	0.00	0.00	64.47
LOTUS SEEDS,RAW	1 oz	4.90	0.00	0.00	17.28

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MACADAMIA NUTS, DRY RSTD, W/SALT	1 cup, whole or halves	16.94	5.46	10.56	4.83
MACADAMIA NUTS, DRY RSTD, W/SALT	1 oz (10-12 kernels)	3.64	1.17	2.27	4.83
MACADAMIA NUTS, DRY RSTD, WO/SALT	1 cup, whole or halves	17.66	5.46	10.56	5.38
MACADAMIA NUTS, DRY RSTD, WO/SALT	1 oz (10-12 kernels)	3.79	1.17	2.27	5.38
MACADAMIA NUTS, RAW	1 cup, whole or halves	18.52	6.12	11.52	5.22
MACADAMIA NUTS, RAW	1 oz (10-12 kernels)	3.92	1.30	2.44	5.22
MIXED NUTS, DRY RSTD, W/PNUTS, W/SALT	1 cup	34.73	6.58	12.33	16.35
MIXED NUTS, DRY RSTD, W/PNUTS, W/SALT	1 oz	7.19	1.36	2.55	16.35
MIXED NUTS, DRY RSTD, W/PNUTS, WO/SALT	1 cup	34.73	0.00	12.33	16.35
MIXED NUTS, DRY RSTD, W/PNUTS, WO/SALT	1 oz	7.19	0.00	2.55	16.35
MIXED NUTS, OIL RSTD, W/PNUTS, WO/SALT	1 cup	28.21	5.56	9.38	14.05
MIXED NUTS, OIL RSTD, W/PNUTS, WO/SALT	1 oz	5.97	1.18	1.98	14.05
MIXED NUTS, OIL RSTD, WO/PNUTS, WO/SALT	1 cup	32.07	0.00	7.92	16.77
MIXED NUTS, OIL RSTD, WO/PNUTS, WO/SALT	1 oz	6.31	0.00	1.56	16.77
NUTS, ALMONDS, OIL RSTD, LIGHTLY SALTED	1 cup whole kernels	27.76	7.14	16.49	7.18
NUTS, ALMONDS, OIL RSTD, LIGHTLY SALTED	1 oz (22 whole kernels)	5.01	1.29	2.98	7.18
NUTS, ALMONDS, OIL RSTD, W/ SALT ADDED, SMOKE FLAVOR	1 oz (28 almonds)	5.00	1.00	3.00	7.16
NUTS, CASHEW NUTS, RAW	1 oz	8.56	1.68	0.94	26.89
NUTS, COCNT CRM, CND, SWTND	1 cup	157.50	152.44	0.59	53.01
NUTS, COCNT CRM, CND, SWTND	1 tbs	10.11	9.79	0.04	53.01
NUTS, MXD NUTS, OIL RSTD, W/ PNUTS, LIGHTLY SALTED	1 oz	5.97	1.18	1.98	14.05
NUTS, MXD NUTS, OIL RSTD, W/ PNUTS, W/ SALT ADDED	1 cup	28.21	5.56	9.38	14.05
NUTS, MXD NUTS, OIL RSTD, W/ PNUTS, W/ SALT ADDED	1 oz	5.97	1.18	1.98	14.05
NUTS, MXD NUTS, OIL RSTD, W/ PNUTS, W/ SALT ADDED	10 nuts, assorted	2.95	0.58	0.98	14.05
NUTS, MXD NUTS, OIL RSTD, WO/ PNUTS, LIGHTLY SALTED	1 oz	7.09	1.48	2.01	17.90
NUTS, MXD NUTS, OIL RSTD, WO/ PNUTS, W/ SALT ADDED	1 cup	32.07	6.31	7.92	16.77
NUTS, MXD NUTS, OIL RSTD, WO/ PNUTS, W/ SALT ADDED	1 oz	6.31	1.24	1.56	16.77
NUTS, PILINUTS, DRIED	1 cup	4.78	0.00	0.00	3.98
NUTS, PILINUTS, DRIED	1 oz (15 kernels)	1.13	0.00	0.00	3.98
NUTS, PINE NUTS, DRIED	1 cup	17.66	4.85	5.00	9.38

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NUTS,PINE NUTS,DRIED	1 oz (167 kernels)	3.71	1.02	1.05	9.38
NUTS,PINE NUTS,DRIED	10 nuts	0.22	0.06	0.06	9.38
NUTS,WALNUTS,GLAZED	1 oz	13.33	9.00	1.01	43.99
PECANS	1 cup, chopped	15.11	4.33	10.46	4.26
PECANS	1 cup, halves	13.72	3.93	9.50	4.26
PECANS	1 oz (19 halves)	3.93	1.13	2.72	4.26
PECANS,DRY RSTD,W/SALT	1 oz	3.84	1.15	2.66	4.15
PECANS,DRY RSTD,WO/SALT	1 oz	3.84	1.15	2.66	4.15
PECANS,OIL RSTD,W/SALT	1 cup	14.31	4.37	10.45	3.51
PECANS,OIL RSTD,W/SALT	1 oz (15 halves)	3.69	1.13	2.69	3.51
PECANS,OIL RSTD,WO/SALT	1 cup	14.31	4.37	10.45	3.51
PECANS,OIL RSTD,WO/SALT	1 oz (15 halves)	3.69	1.13	2.69	3.51
PINE NUTS,PINYON,DRIED	1 oz	5.47	0.00	3.03	8.60
PINE NUTS,PINYON,DRIED	10 nuts	0.19	0.00	0.11	8.60
PISTACHIO NUTS,DRY RSTD,W/SALT	1 cup	35.25	9.52	12.18	18.76
PISTACHIO NUTS,DRY RSTD,W/SALT	1 kernel	0.20	0.05	0.07	18.76
PISTACHIO NUTS,DRY RSTD,W/SALT	1 oz (49 kernels)	8.13	2.19	2.81	18.76
PISTACHIO NUTS,DRY RSTD,WO/SALT	1 cup	36.14	9.52	12.18	19.48
PISTACHIO NUTS,DRY RSTD,WO/SALT	1 kernel	0.21	0.05	0.07	19.48
PISTACHIO NUTS,DRY RSTD,WO/SALT	1 oz (49 kernels)	8.33	2.19	2.81	19.48
PISTACHIO NUTS,RAW	1 cup	33.84	9.42	12.67	17.21
PISTACHIO NUTS,RAW	1 kernel	0.19	0.05	0.07	17.21
PISTACHIO NUTS,RAW	1 oz (49 kernels)	7.80	2.17	2.92	17.21
PUMPKIN&SQUASH SD KRNLs,DRIED	1 cup	13.82	1.81	7.74	4.71
PUMPKIN&SQUASH SD KRNLs,DRIED	1 oz	3.04	0.40	1.70	4.71
PUMPKIN&SQUASH SD KRNLs,RSTD,W/SALT	1 cup	17.36	1.52	7.67	8.21
PUMPKIN&SQUASH SD KRNLs,RSTD,W/SALT	1 oz	4.17	0.37	1.84	8.21
PUMPKIN&SQUASH SD KRNLs,RSTD,WO/SALT	1 cup	17.36	1.52	7.67	8.21
PUMPKIN&SQUASH SD KRNLs,RSTD,WO/SALT	1 oz	4.17	0.37	1.84	8.21
PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	1 cup	34.40	0.00	11.78	35.35
PUMPKIN&SQUASH SEEDS,WHL,RSTD,W/SALT	1 oz (85 seeds)	15.24	0.00	5.22	35.35
PUMPKIN&SQUASH SEEDS,WHL,RSTD,WO/SALT	1 cup	34.40	0.00	11.78	35.35
PUMPKIN&SQUASH SEEDS,WHL,RSTD,WO/SALT	1 oz (85 seeds)	15.24	0.00	5.22	35.35
SAFFLOWER SD KRNLs,DRIED	1 oz	9.72	0.00	0.00	34.29
SAFFLOWER SD MEAL,PART DEFATTED	1 oz	13.81	0.00	0.00	48.73
SEEDS,BREADNUT TREE SEEDS,DRIED	1 cup	127.02	0.00	23.84	64.49
SEEDS,BREADNUT TREE SEEDS,DRIED	1 oz	22.51	0.00	4.22	64.49
SEEDS,BREADNUT TREE SEEDS,RAW	1 oz (8-14 seeds)	13.12	0.00	0.00	46.28
SEEDS,FLAXSEED	1 cup, whole	48.52	2.60	45.86	1.58
SEEDS,FLAXSEED	1 tbs, ground	2.02	0.11	1.91	1.58
SEEDS,FLAXSEED	1 tbs, whole	2.97	0.16	2.81	1.58

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SEEDS,FLAXSEED	1 tsp, ground	0.72	0.04	0.68	1.58
SEEDS,FLAXSEED	1 tsp, whole	0.98	0.05	0.93	1.58
SEEDS,SUNFLOWER SD KRNL FROM SHELL, DRY RSTD, W/ SALT ADDED	1 cup	19.60	3.49	11.52	6.31
SEEDS,SUNFLOWER SD KRNL FROM SHELL, DRY RSTD, W/ SALT ADDED	1 oz	4.34	0.77	2.55	6.31
SEEDS,SUNFLOWER SD KRNL FROM SHELL, DRY RSTD, W/ SALT ADDED	1 package (1.875 oz) yields	4.13	0.74	2.43	6.31
SESAME BUTTER,PASTE	1 tbsp	3.85	0.00	0.88	18.55
SESAME BUTTER,TAHINI, FROM RAW&STONE GROUND KRNL	1 oz	7.42	0.00	2.64	16.89
SESAME BUTTER,TAHINI, FROM RAW&STONE GROUND KRNL	1 tbsp	3.93	0.00	1.40	16.89
SESAME BUTTER,TAHINI, FROM RSTD&TSTD KRNL (MOST COMMON TYPE)	1 oz	6.01	0.14	2.64	11.89
SESAME BUTTER,TAHINI, FROM RSTD&TSTD KRNL (MOST COMMON TYPE)	1 tbsp	3.18	0.07	1.40	11.89
SESAME BUTTER,TAHINI, FROM UNROASTED KRNL	1 oz	5.07	0.00	2.64	8.59
SESAME BUTTER,TAHINI, FROM UNROASTED KRNL	1 tbsp	2.50	0.00	1.30	8.59
SESAME BUTTER,TAHINI, KRNL UNSPEC	1 tbsp	3.23	0.00	0.71	16.80
SESAME FLOUR,HIGH-FAT	1 oz	7.55	0.00	0.00	26.62
SESAME FLOUR,LOW-FAT	1 oz	10.07	0.00	0.00	35.51
SESAME FLR,PART DEFATTED	1 oz	9.96	0.00	0.00	35.14
SESAME MEAL,PART DEFATTED	1 oz	7.38	0.00	0.00	26.04
SESAME SD KRNL, DRIED (DECORT)	1 cup	17.60	0.72	17.40	0.13
SESAME SD KRNL, DRIED (DECORT)	1 tbsp	0.94	0.04	0.93	0.13
SESAME SD KRNL, DRIED (DECORT)	1 tsp	0.32	0.01	0.31	0.13
SESAME SD KRNL, TSTD, W/SALT (DECORT)	1 cup	33.33	0.61	21.63	9.14
SESAME SD KRNL, TSTD, W/SALT (DECORT)	1 oz	7.38	0.14	4.79	9.14
SESAME SD KRNL, TSTD, WO/SALT (DECORT)	1 cup	33.33	0.61	21.63	9.14
SESAME SD KRNL, TSTD, WO/SALT (DECORT)	1 oz	7.38	0.14	4.79	9.14
SESAME SEEDS, WHL, RSTD&TSTD	1 oz	7.30	0.00	3.97	11.74
SESAME SEEDS, WHOLE, DRIED	1 cup	33.77	0.43	16.99	11.65
SESAME SEEDS, WHOLE, DRIED	1 tbsp	2.11	0.03	1.06	11.65
SISYMBRIUM SP. SEEDS, WHL, DRIED	1 cup	43.11	0.00	0.00	58.26
SISYMBRIUM SP. SEEDS, WHL, DRIED	1 oz	16.52	0.00	0.00	58.26
SUNFLOWER SD BUTTER, W/SALT	1 oz	6.61	2.99	1.62	17.62
SUNFLOWER SD BUTTER, W/SALT	1 tbsp	3.73	1.69	0.91	17.62
SUNFLOWER SD BUTTER, WO/SALT	1 oz	6.61	2.99	1.62	17.62
SUNFLOWER SD BUTTER, WO/SALT	1 tbsp	3.73	1.69	0.91	17.62
SUNFLOWER SD FLR, PART DEFATTED	1 cup	22.93	0.00	3.33	30.63

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SUNFLOWER SD FLR,PART DEFATTED	1 tbsp	1.43	0.00	0.21	30.63
SUNFLOWER SD KRNLs,DRIED	1 cup	28.00	3.67	12.04	11.40
SUNFLOWER SD KRNLs,DRIED	1 cup, with hulls, edible yield	9.20	1.21	3.96	11.40
SUNFLOWER SD KRNLs,DRY RSTD,W/SALT	1 cup	30.81	3.49	11.52	15.07
SUNFLOWER SD KRNLs,DRY RSTD,W/SALT	1 oz	6.82	0.77	2.55	15.07
SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT	1 cup	30.81	3.49	14.21	12.97
SUNFLOWER SD KRNLs,DRY RSTD,WO/SALT	1 oz	6.82	0.77	3.15	12.97
SUNFLOWER SD KRNLs,OIL RSTD,W/SALT	1 cup	30.90	4.20	14.31	12.29
SUNFLOWER SD KRNLs,OIL RSTD,W/SALT	1 oz	6.49	0.88	3.01	12.29
SUNFLOWER SD KRNLs,OIL RSTD,WO/SALT	1 cup	30.90	4.20	14.31	12.29
SUNFLOWER SD KRNLs,OIL RSTD,WO/SALT	1 oz	6.49	0.88	3.01	12.29
SUNFLOWER SD KRNLs,TSTD,W/SALT	1 cup	27.59	0.00	15.41	9.09
SUNFLOWER SD KRNLs,TSTD,W/SALT	1 oz	5.84	0.00	3.26	9.09
SUNFLOWER SD KRNLs,TSTD,WO/SALT	1 cup	27.59	0.00	15.41	9.09
SUNFLOWER SD KRNLs,TSTD,WO/SALT	1 oz	5.84	0.00	3.26	9.09
WALNUTS,BLACK,DRIED	1 cup, chopped	11.98	1.38	8.50	2.78
WALNUTS,BLACK,DRIED	1 oz	2.72	0.31	1.93	2.78
WALNUTS,BLACK,DRIED	1 tbsp	0.75	0.09	0.53	2.78
WALNUTS,ENGLISH	1 cup pieces or chips	16.45	3.13	8.04	7.01
WALNUTS,ENGLISH	1 cup shelled (50 halves)	13.71	2.61	6.70	7.01
WALNUTS,ENGLISH	1 cup, chopped	16.04	3.05	7.84	7.01
WALNUTS,ENGLISH	1 cup, ground	10.97	2.09	5.36	7.01
WALNUTS,ENGLISH	1 cup, in shell, edible yield (7 nuts)	3.84	0.73	1.88	7.01
WALNUTS,ENGLISH	1 oz (14 halves)	3.89	0.74	1.90	7.01
WATERMELON SD KRNLs,DRIED	1 cup	16.53	0.00	0.00	15.31
WATERMELON SD KRNLs,DRIED	1 oz	4.34	0.00	0.00	15.31
BEEF MACARONI W/ TOMATO SAU,FRZ ENTREE,RED FAT	1 oz	5.10	1.08	0.40	16.59
BEEF MACARONI W/ TOMATO SAU,FRZ ENTREE,RED FAT	1 serving	48.39	10.22	3.77	16.59
BEEF POT PIE,FRZ ENTREE,PREP	1 pie, cooked (average weight)	59.09	0.00	2.14	21.25
BEEF STEW,CANNED ENTREE	1 cup (1 serving)	15.39	3.45	1.76	6.95
BEEF,CORNEB BF HASH,W/ POTATO,CND	1 cup	21.88	0.80	2.60	8.17
BURRITO, BEAN AND CHEESE, FROZEN	1 burrito	43.87	4.14	4.39	30.61
BURRITO,BF & BEAN,FRZ	1 burrito frozen	42.87	0.97	5.84	26.64
BURRITO,BF & BEAN,FRZ	1 oz	8.74	0.20	1.19	26.64
BURRITO,BF & BEAN,MICROWAVED	1 burrito cooked	45.18	1.58	8.00	32.05

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BURRITO,BF & BEAN,MICROWAVED	1 oz	11.04	0.39	1.96	32.05
CAMPBELL'S,SPAGHETTIOS ORIGINAL,EASY OPEN	1 can (1 serving)	30.99	9.01	2.98	13.15
CAMPBELL'S,SPAGHETTIOS RAVIOLIOS BF RAVIOLI IN MEAT SAU	1 cup (1 serving)	38.00	9.00	4.03	13.48
CAMPBELL'S,SPAGHETTIOS,MINI BF RAVIOLI IN MEAT SAU	1 cup	42.99	14.01	4.92	14.70
CAMPBELL'S,SPAGHETTIOS,MINI BF RAVIOLI IN MEAT SAU	1 serving	42.99	14.01	4.92	14.70
CAMPBELL'S,SPAGHETTIOS,SPAGHETTI IN TOMATO & CHS SAU	1 cup (1 serving)	39.99	13.00	3.02	14.67
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS A TO Z'S	1 cup (1 serving)	35.00	12.00	3.02	12.69
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS A TO Z'S W/ MEATBALLS	1 cup (1 serving)	32.00	7.99	4.03	11.10
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS IN MEAT SAU	1 cup (1 serving)	31.00	12.00	3.02	11.10
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS ORIGINAL	1 cup (1 serving)	35.00	11.01	3.02	12.69
CAMPBELL'S,SPAGHETTIOS,SPAGHETTIOS PLUS CA	1 cup (1 serving)	35.00	13.00	3.02	12.69
CAMPBELL'S,SPAGHETTIOS,W/ MEATBALLS -	1 can (1 serving)	24.00	7.00	3.09	10.15
CHICKEN POT PIE,FRZ ENTREE,PREP	1 pie	58.01	6.83	3.32	18.11
CHICKEN TENDERS,BREADED,FRZ,PREP	1 piece	3.12	0.12	0.36	13.16
CHICKEN,NUGGETS,DK & WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 piece	2.94	0.14	0.23	15.02
CHICKEN,NUGGETS,DK & WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 serving	14.20	0.69	1.13	15.02
CHICKEN,NUGGETS,WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 piece	3.25	0.25	0.14	15.54
CHICKEN,NUGGETS,WHITE MEAT,PRECKD,FRZ,NOT REHTD	1 serving	13.32	1.04	0.57	15.54
CHICKEN,THIGHS,FRZ,BREADED,REHTD	1 thigh with bone and breading	18.93	0.00	0.00	14.23
CHILI CON CARNE W/BNS,CND ENTREE	1 cup	31.70	4.53	7.99	9.80
CHILI W/ BNS,MICROWAVABLE BOWLS	1 container	45.91	7.76	12.24	7.98
CHILI W/ BNS,MICROWAVABLE BOWLS	1 cup	26.55	4.49	7.08	7.98
CHILI,NO BNS,CND ENTREE	1 cup	14.64	2.64	1.20	5.60
CORN DOGS,FRZ,PREP	1 corndog	21.03	5.88	0.78	25.96
CORN DOGS,FRZ,PREP	1 corndog mini	4.58	1.28	0.17	25.96
EGG ROLLS,CHICK,REFR,HTD	1 oz	8.09	1.58	0.68	26.14
EGG ROLLS,CHICK,REFR,HTD	1 roll	22.83	4.46	1.92	26.14
EGG ROLLS,PORK,REFR,HTD	1 oz	8.36	1.51	0.60	27.40

USDA Fruits, Snacks, Entrees and Sides Carb Data

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EGG ROLLS,PORK,REFR,HTD	1 roll	25.08	4.52	1.79	27.40
EGG ROLLS,VEG,FRZ,PREP	1 egg roll	21.60	4.05	1.63	29.37
EGG ROLLS,VEG,FRZ,PREP	1 oz	9.01	1.69	0.68	29.37
HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	1 package yields	78.21	19.46	3.84	29.05
HOT POCKETS HAM 'N CHS STUFFED SNDWCH,FRZ	1 serving (1 hot pocket)	38.80	9.65	1.91	29.05
HOT POCKETS,CROISSANT POCKTS CHIK,BROC&CHDR STUFSD SNDWCH,FRZ	1 serving (1 hot pocket)	38.61	9.65	1.40	29.30
HOT POCKETS,MEATBALLS & MOZZARELLA STUFFED SNDWCH,FRZ	1 hot pocket (1 NLEA serving)	38.67	9.82	2.79	28.25
KASHI BLACK BEAN MANGO,FRZ,UNPREP	1 EntrOe	50.94	8.49	16.98	12.00
KASHI MAYAN HARVEST BAKE,FRZ,UNPREP	1 EntrOe	59.43	19.81	8.49	18.00
KASHI MUSHROOM & ASPARAGUS RISOTTO,FRZ,UNPREP	1/2 Package	48.28	3.69	7.38	14.40
KASHI PESTO PASTA PRIMAVERA,FRZ,UNPREP	1 EntrOe	36.79	3.96	6.79	10.60
KASHI SPICY BLACK BEAN ENCHILADA,FRZ,UNPREP	1 EntrOe	45.14	2.55	7.91	14.60
KASHI SPINACH ARTICHOKE PASTA,FRZ,UNPREP	1 EntrOe	40.62	0.27	8.07	12.10
KASHI THREE CHS PENNE,FRZ,UNPREP	1 EntrOe	45.19	5.11	7.26	14.10
KASHI THREE CHS RAVIOLI W/ MEDITERRANEAN TOMATO SAU,FRZ,UNPR	1/2 Package	47.48	8.68	5.06	17.60
KASHI,CHICK & CHIPOTLE BBQ SAU W/ MANGO,FRZ ENTREE	1 package	47.34	12.64	5.92	15.40
KASHI,CHICK ENCHILADA W/ ANCHO SAU,FRZ ENTREE	1 package	38.00	5.10	5.87	12.60
KASHI,CHICK FLORENTINE,FRZ ENTREE	1 package	31.13	1.42	5.09	9.20
KASHI,CHICK PASTA POMODORO,FRZ ENTREE	1 package	36.79	2.83	7.36	10.40
KASHI,LEMONGRASS COCNT CHICK,FRZ ENTREE	1 package	37.92	6.23	8.49	10.40
KASHI,PILAF,7 WHL GRAIN,UNPREP	1/2 cup	99.40	1.12	17.22	58.70
KASHI,RED CURRY CHICK,FRZ ENTREE	1 package	41.96	8.88	6.19	13.30
KASHI,SOUTHWEST STYLE CHICK,FRZ ENTREE	1 package	49.24	2.83	5.94	15.30
KASHI,STEAM MEAL,CHICK FETTUCCINE,FRZ ENTREE	1 package	37.66	3.50	5.38	12.00
KASHI,STEAM MEAL,RSTD GARLIC CHICK FARFALLE,FRZ ENTREE	1 package	39.27	3.77	4.30	13.00
KASHI,STEAM MEAL,SESAME CHICK,FRZ ENTREE	1 package	42.23	8.07	7.80	12.80
KASHI,SWT & SOUR CHICK,FRZ ENTREE	1 package	53.77	22.64	7.08	16.50
KASHI,TUSCAN VEGGIE BAKE,FRZ ENTREE	1 package	42.45	8.49	8.21	12.10
LASAGNA W/ MEAT & SAU,FRZ ENTREE	1 piece center	40.00	8.23	3.89	12.99
LASAGNA W/ MEAT & SAU,FRZ ENTREE	1 piece corner	16.55	3.40	1.61	12.99

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LASAGNA W/ MEAT & SAU,FRZ ENTREE	1 piece side	19.28	3.97	1.88	12.99
LASAGNA W/ MEAT & SAU,LOW-FAT,FRZ ENTREE	1 oz	3.83	0.00	0.37	12.20
LASAGNA W/ MEAT & SAU,LOW-FAT,FRZ ENTREE	1 package	41.72	0.00	4.02	12.20
LASAGNA W/ MEAT SAU,FRZ,PREP	1 piece center	39.17	7.93	4.34	13.66
LASAGNA W/ MEAT SAU,FRZ,PREP	1 piece corner	17.51	3.55	1.94	13.66
LASAGNA W/ MEAT SAU,FRZ,PREP	1 piece side	18.89	3.83	2.09	13.66
LASAGNA,CHS,FRZ,PREP	1 cup 1 serving	31.14	9.52	3.83	12.14
LASAGNA,CHS,FRZ,UNPREP	1 cup 1 serving	51.22	9.01	4.03	19.91
LASAGNA,VEG,FRZ,BKD	1 cup	32.05	5.74	4.29	12.28
LASAGNA,VEG,FRZ,BKD	1 oz	4.02	0.72	0.54	12.28
LASAGNA,VEG,FRZ,BKD	1 serving	32.19	5.77	4.31	12.28
LEAN POCKETS,HAM N CHEDDAR	1 each (analytical measurement)	41.95	9.80	2.19	30.82
LEAN POCKETS,HAM N CHEDDAR	1 hot pocket (1 NLEA serving)	41.30	9.65	2.16	30.82
LEAN POCKETS,MEATBALLS & MOZZARELLA	1 each	41.32	11.28	2.56	30.28
MAC & CHS,DRY MIX,PREP W/ 2% MILK & 80% STK MARGARINE DRY MX	1 cup	47.38	8.45	2.38	22.73
MACARONI & CHS DINNER W/ DRY SAU MIX,BOXED,UNCKD	1 serving (makes about 1 cup prepared)	49.08	6.73	2.24	66.92
MACARONI & CHS,BOX MIX W/ CHS SAU,PREP	1 cup prepared	43.66	2.97	2.27	21.90
MACARONI & CHS,BOX MIX W/ CHS SAU,UNPREP	3 1/2 oz 1 serving	11.67	1.61	0.45	44.86
MACARONI & CHS,BOX MIX W/ CHS SAU,UNPREP	4 oz 1 serving	17.26	2.38	0.67	44.86
MACARONI & CHS,CND ENTREE	1 serving	28.11	1.22	1.22	11.02
MACARONI & CHS,CND,MICROWAVABLE	7 1/2 oz 1 serving	29.73	3.00	0.85	13.56
MACARONI & CHS,FRZ ENTREE	1 container (mean weight over brands)	48.90	4.33	3.11	16.18
MACARONI & CHS,FRZ ENTREE	1 cup	23.67	2.10	1.51	16.18
MACARONI OR NOODLES W/ CHS,MADE FROM RED FAT PACKAGED MIX,UN	3 1/2 oz 1 serving	51.54	4.99	1.98	50.06
MACARONI OR NOODLES W/ CHS,MICROWAVEABLE,UNPREP	1 serving 1 pouch	43.16	5.00	0.98	69.15
PASTA MIX,CLASSIC BF,UNPREP	1 package	88.08	6.04	2.44	70.20
PASTA MIX,CLASSIC BF,UNPREP	1 packet	31.77	2.18	0.88	70.20
PASTA MIX,CLASSIC CHEESEBURGER MACARONI,UNPREP	1 package	87.96	6.11	3.32	68.81

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PASTA MIX,CLASSIC CHEESEBURGER MACARONI,UNPREP	1 packet	36.47	2.53	1.38	68.81
PASTA MIX,ITALIAN FOUR CHS LASAGNA,UNPREP	1 package	82.20	7.84	3.04	67.66
PASTA MIX,ITALIAN FOUR CHS LASAGNA,UNPREP	1 packet	29.51	2.81	1.09	67.66
PASTA MIX,ITALIAN LASAGNA,UNPREP	1 package	104.02	15.89	3.95	70.97
PASTA MIX,ITALIAN LASAGNA,UNPREP	1 packet	58.28	8.90	2.21	70.97
PASTA W/ TOMATO SAU,NO MEAT,CND	1 cup	33.84	9.52	2.14	13.32
PASTA W/ TOMATO SAU,NO MEAT,CND	1 serving (1 NLEA serving)	35.83	10.08	2.27	13.32
PASTA W/SLICED FRANKS IN TOMATO SAU,CND ENTREE	1 serving (1 cup)	31.98	7.99	4.03	11.09
PIZZA ROLLS,FRZ,UNPREP	1 serving 6 rolls	40.58	2.99	0.96	49.52
POTATO SALAD W/ EGG	1/2 cup	20.23	6.19	1.63	14.88
POTSTICKER OR WONTON,PORK & VEG,FRZ,UNPREP	5 pieces 1 serving	19.26	4.00	2.03	11.88
PULLED PORK IN BARBECUE SAU	1 cup	46.66	37.85	2.99	17.54
RAVIOLI,CHEESE-FILLED,CND	1 cup	33.01	9.00	3.15	12.34
RAVIOLI,CHS W/ TOMATO SAU,FRZ,NOT PREP,INCL REG & LT ENTREES	1 cup	27.52	6.50	2.23	15.91
RAVIOLI,MEAT-FILLED,W/ TOMATO SAU OR MEAT SAU,CND	1 cup	34.74	5.16	3.93	11.76
RICE & VERMICELLI MIX,BF FLAVOR,PREP W/ 80% MARGARINE	1 cup	54.41	0.00	1.48	21.43
RICE & VERMICELLI MIX,BF FLAVOR,UNPREP	1/3 cup	46.37	2.60	0.98	74.42
RICE & VERMICELLI MIX,BF FLAVOR,UNPREP	1 tbsp	6.84	0.38	0.14	74.42
RICE & VERMICELLI MIX,CHICK FLAVOR,PREP W/ 80% MARGARINE	1 cup	54.85	1.49	1.63	22.84
RICE & VERMICELLI MIX,CHICK FLAVOR,UNPREP	1/3 cup	42.45	1.34	0.67	74.60
RICE & VERMICELLI MIX,CHICK FLAVOR,UNPREP	1 tbsp	7.73	0.24	0.12	74.60
RICE & VERMICELLI MIX,RICE PILAF FLAVOR,PREP W/ 80% MARGARIN	1 cup	61.09	0.62	1.43	25.07
RICE & VERMICELLI MIX,RICE PILAF FLAVOR,UNPREP	1/3 cup	51.89	1.04	0.82	75.11
RICE & VERMICELLI MIX,RICE PILAF FLAVOR,UNPREP	1 tbsp	7.33	0.15	0.12	75.11
RICE BOWL W/ CHICK,FRZ ENTREE,PREP	1 bowl	76.36	13.84	2.38	21.76
SPAGHETTI W/ MEAT SAU,FRZ ENTREE	1 oz	4.32	0.74	0.51	13.44
SPAGHETTI W/ MEAT SAU,FRZ ENTREE	1 serving	43.13	7.36	5.09	13.44

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SPAGHETTI,W/ MEATBALLS IN TOMATO SAU,CND	1 can	47.06	11.96	11.10	8.75
SPAGHETTI,W/ MEATBALLS IN TOMATO SAU,CND	1 cup	28.17	7.16	6.64	8.75
SPAGHETTIOS,SPAGHETTIOS W/ MEATBALLS	1 cup (1 serving)	32.00	7.99	4.03	11.10
SPAGHETTIOS,SPAGHETTIOS W/ SLICED FRANKS	1 cup (1 serving)	32.00	9.00	4.03	11.10
SPANISH RICE MIX,DRY MIX,PREP (WITH CANOLA/VEGETABLE OIL BLE	1 cup	45.03	3.54	2.97	21.24
SPANISH RICE MIX,DRY MIX,UNPREP	1/3 cup	42.81	2.14	1.74	73.35
SPANISH RICE MIX,DRY MIX,UNPREP	1/2 cup	53.52	2.68	2.17	73.35
SPANISH RICE MIX,DRY MIX,UNPREP	1 tbsp	6.73	0.34	0.27	73.35
SUPPER BAKES MEAL KITS,CREAMY STROGANOFF SAU W/ PASTA	1 serving	31.00	3.00	1.00	24.00
SUPPER BAKES MEAL KITS,GARLIC CHICK W/ PASTA	1/6 box (NLEA serving)	44.22	7.03	2.06	40.93
SUPPER BAKES MEAL KITS,HERB CHICK W/ RICE	1/6 box (NLEA serving)	40.00	2.00	1.03	41.45
SUPPER BAKES MEAL KITS,LEMON CHICK W/ HERB RICE	1 serving (NLEA serving)	43.00	3.00	1.97	43.64
SUPPER BAKES MEAL KITS,SOUTHWESTERN-STYLE CHICK W/RICE	1/6 box (NLEA serving)	32.00	4.00	2.03	37.01
SUPPER BAKES MEAL KITS,SOUTHWESTERN-STYLE CHICK W/RICE	1 serving	32.00	4.00	2.03	37.01
SUPPER BAKES MEAL,CHEESY CHICK W/ PASTA (CHICK NOT INCLUDED)	1/6 box (NLEA serving size)	27.00	4.00	1.02	30.56
SUPPER BAKES MEAL,CHICK W/ STUFFING (CHICK NOT INCLUDED)	1 box	173.92	17.98	12.12	32.04
SUPPER BAKES MEAL,CHICK W/ STUFFING (CHICK NOT INCLUDED)	1 serving 1/6 box	28.93	2.99	2.02	32.04
SUPPER MEAL KITS,SAVORY PORK CHOPS W/ HERB STUFFING	1/6 box	31.14	4.02	2.04	34.24
SUPPER MEAL KITS,SAVORY PORK CHOPS W/ HERB STUFFING	1 serving	31.14	4.02	2.04	34.24
SWANSON,CHICK & DUMPLINGS	1 cup (1 serving)	24.01	2.00	1.98	8.92
SWANSON,CHICK A LA KING	1 can (1 serving)	12.01	2.00	2.09	3.33
TAQUITOS,FRZ,BF & CHS,OVEN-HEATED	1 piece	14.05	0.70	1.18	30.66
TAQUITOS,FRZ,CHICK & CHS,OVEN-HEATED	1 piece	14.12	0.55	1.22	30.73
TKY,STUFFING,MSHD POTATO W/GRAVY,ASSORTED VEG,FRZ,MICROWAVE	1 oz	4.63	1.37	0.37	15.02
TKY,STUFFING,MSHD POTATO W/GRAVY,ASSORTED VEG,FRZ,MICROWAVE	1 package	68.87	20.34	5.49	15.02

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
TKY,STUFFING,MSHD POTATO W/GRAVY,ASSORTED VEG,FRZ,MICROWAVE	1 serving	62.83	18.56	5.01	15.02
TORTELLINI,PASTA W/ CHS FILLING,FRESH-REFRIGERATED	3/4 cup	38.07	0.77	1.54	45.10
TURKEY POT PIE,FRZ ENTREE	1 package yields	70.27	0.00	4.37	16.60
TURKEY POT PIE,FRZ ENTREE	1 serving	70.27	0.00	4.37	16.60
TURNOVER,CHEESE-FILLED,TOMATO-BASED SAU,FRZ,UNPREP	1 serving 4.5 oz	34.66	9.99	2.03	25.69
YELLOW RICE W/ SEASONING,DRY PACKET MIX,UNPREP	2 oz 1 serving	42.57	1.00	1.03	72.88
BANANA CHIPS	1 oz	16.56	10.02	2.18	50.70
BANANA CHIPS	1 1/2 oz	24.53	14.84	3.23	50.70
BANANA CHIPS	3 oz	49.64	30.04	6.55	50.70
BEEF JERKY,CHOPD&FORMED	1 oz	6.24	5.10	1.02	18.40
BEEF JERKY,CHOPD&FORMED	1 piece, large	2.20	1.80	0.36	9.20
BREAKFAST BAR,CORN FLAKE CRUST W/FRUIT	1 bar	26.97	12.99	0.78	70.80
BREAKFAST BAR,CORN FLAKE CRUST W/FRUIT	1 oz	20.67	9.95	0.60	70.80
BREAKFAST BARS,OATS,SUGAR,RAISINS,COCNT (INCL GRANOLA BAR)	1 bar	28.68	11.83	1.33	63.60
CHEESE PUFFS & TWISTS,CORN BSD,BKD,LOFAT	1 oz	20.51	2.07	3.03	61.65
CORN CAKES	1 cake	7.51	2.11	0.17	81.50
CORN CAKES	2 cakes	15.01	4.22	0.34	81.50
CORN CAKES,VERY LO NA	1 cake	7.51	0.00	0.00	83.40
CORN CAKES,VERY LO NA	2 cakes	15.01	0.00	0.00	83.40
CORN-BASED,EXTRUDED,CHIPS,BARBECUE-FLAVOR	1 bag (7 oz)	111.28	0.00	10.30	51.00
CORN-BASED,EXTRUDED,CHIPS,BARBECUE-FLAVOR	1 oz	15.93	0.00	1.47	51.00
CORN-BASED,EXTRUDED,CONES,PLN	1 oz	17.83	0.00	0.31	61.80
CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	1 oz	15.18	0.90	0.40	52.13
CORN-BASED,EXTRUDED,PUFFS OR TWISTS,CHEESE-FLAVOR	1 package 1.25 oz	18.74	1.12	0.49	52.13
CORNNUTS,BARBECUE-FLAVOR	1 oz	20.33	0.00	2.38	63.30
CORNNUTS,BARBECUE-FLAVOR	2 oz	40.87	0.00	4.79	63.30
CORNNUTS,PLAIN	1 cup	61.08	0.52	5.87	64.96
CORNNUTS,PLAIN	1 oz	20.37	0.17	1.96	64.96
CORNNUTS,PLAIN	2 oz	40.96	0.35	3.93	64.96
CRISPED RICE BAR,ALMOND	1 bar (1 oz)	18.09	0.00	1.01	61.00
CRISPED RICE BAR,CHOC CHIP	1 bar (1 oz)	20.44	0.00	0.62	70.80
FORM BAR,MARS SNACKFOOD US,COCOAVIA,CHOC ALMOND	1 bar	11.37	5.95	1.14	46.48

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FORM BAR,MARS SNACKFOOD US,COCOAVIA,CHOC BLUEBERRY	1 bar	12.73	7.35	1.01	53.27
FORM BAR,MARS SNKF US,SNICKERS MARATHON MULTIGRNCRUNCH	1 bar	31.50	18.17	1.54	54.47
FORM BAR,ZONE PERFECT CLASSIC CRUNCH BAR,MXD FLAVORS	1 bar	22.50	13.50	1.00	43.00
FORMBAR,MARSSNACK,SNICKERS MARATHONPROTPERFBAR,CARMELNUTRUSH	1 bar	40.40	23.00	10.00	38.00
FORMUL BAR,MA SNACKFO US,SNICKE MARATH ENER BAR,ALL FLAVO	1 bar	22.13	12.63	2.95	43.60
FORMUL BAR,MA SNACKFO US,SNICKE MARATH ENER BAR,ALL FLAVO	1 bar	27.67	15.79	3.69	43.60
FORMULAT BAR,MAR SNACFOO US,SNICKER MARATHO HONE NUT OAT BAR	1 bar	29.87	14.44	6.05	43.30
FORMULAT BAR,MARSNACKFOO US,SNICKE MARATHO DOUBL CHOC NUT BA	1 bar	28.86	12.47	5.78	41.97
FORMULATE BAR,MAR SNACKFOO US,SNICKE MARATH CHE CHOC PNUT BA	1 bar	25.98	18.07	1.38	44.74
Formulated bar, high fiber, chewy, oats and chocolate	1 bar	27.91	10.00	9.00	47.28
FORMULATED BAR,LUNA BAR,NUTZ OVER CHOC	1 bar	25.20	8.11	2.06	48.19
FORMULATED BAR,POWER BAR,CHOC	1 bar	47.35	20.45	3.88	63.93
FORMULATED BAR,SLIM-FAST OPTIMA MEAL BAR,MILK CHOC PNUT	1 bar	33.12	13.75	2.81	55.11
GRANOLA BAR,SOFT,MILK CHOC COATD,PNUT BUTTER	1 oz	15.34	6.70	1.08	50.30
GRANOLA BAR,W/COCNT,CHOC COATD	1 oz	15.65	9.72	1.76	49.00
GRANOLA BARS,HARD,ALMOND	1 bar	14.88	0.00	1.15	57.20
GRANOLA BARS,HARD,ALMOND	1 oz	17.58	0.00	1.36	57.20
GRANOLA BARS,HARD,CHOC CHIP	1 bar	17.30	0.00	1.06	67.70
GRANOLA BARS,HARD,CHOC CHIP	1 oz	20.44	0.00	1.25	67.70
GRANOLA BARS,HARD,PLAIN	1 bar	13.52	6.00	1.11	59.10
GRANOLA BARS,HARD,PLAIN	1 bar	16.10	7.14	1.33	59.10
GRANOLA BARS,HARD,PLAIN	1 bar (1 oz)	18.03	8.00	1.48	59.10
GRANOLA BARS,HARD,PNUT BUTTER	1 bar	14.95	0.00	0.70	59.40
GRANOLA BARS,HARD,PNUT BUTTER	1 oz	17.66	0.00	0.82	59.40
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	1 bar (1 oz)	17.86	0.00	0.95	60.40
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,CHOC CHIP	1 bar (1.25 oz)	22.33	0.00	1.19	60.40
GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	1 bar	19.76	8.78	1.04	50.60

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GRANOLA BARS,SOFT,COATD,MILK CHOC COATING,PNUT BUTTER	1 oz	15.14	6.73	0.79	50.60
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	1 bar (1 oz)	19.66	8.10	1.06	66.40
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP	1 bar (1.5 oz)	30.19	12.44	1.63	66.40
GRANOLA BARS,SOFT,UNCOATED,CHOC CHIP,GRAHAM&MARSHMLLW	1 bar (1 oz)	19.82	0.00	1.12	66.80
GRANOLA BARS,SOFT,UNCOATED,NUT&RAISIN	1 bar (1 oz)	17.81	0.00	1.57	58.00
GRANOLA BARS,SOFT,UNCOATED,PLN	1 bar (1 oz)	18.84	0.00	1.29	62.70
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER	1 bar (1 oz)	18.03	0.00	1.20	60.10
GRANOLA BARS,SOFT,UNCOATED,PNUT BUTTER&CHOC CHIP	1 bar (1 oz)	17.42	0.00	1.18	58.00
GRANOLA BARS,SOFT,UNCOATED,RAISIN	1 bar (1 oz)	18.59	0.00	1.18	62.20
GRANOLA BARS,SOFT,UNCOATED,RAISIN	1 bar (1.5 oz)	28.55	0.00	1.81	62.20
MILK & CRL BAR	1 bar	18.01	11.49	0.10	71.65
ORIENTAL MIX,RICE-BASED	1 oz	14.63	0.85	3.74	38.42
ORIENTAL MIX,RICE-BASED	2 oz	29.42	1.71	7.52	38.42
Popcor, microwav, regula (butter) flavo, mad with pal oil	1 bag	49.82	0.26	8.70	47.26
Popcor, microwav, regula (butter) flavo, mad with pal oil	1 cup	4.52	0.02	0.79	47.26
POPCORN,AIR-POPPED	1 cup	6.22	0.07	1.16	63.28
POPCORN,AIR-POPPED	1 oz	22.05	0.25	4.11	63.28
POPCORN,AIR-POPPED,WHITE POPCORN	1 cup	6.23	0.00	1.21	62.80
POPCORN,AIR-POPPED,WHITE POPCORN	1 oz	22.08	0.00	4.28	62.80
POPCORN,CAKES	1 cake	8.01	0.07	0.29	77.20
POPCORN,CAKES	2 cakes	16.02	0.14	0.58	77.20
POPCORN,CARAMEL-COATED,W/PNUTS	1 oz (approx 2/3 cup)	22.88	12.86	1.08	76.90
POPCORN,CARAMEL-COATED,W/PNUTS	2 oz	46.00	25.86	2.17	76.90
POPCORN,CARAMEL-COATED,WO/PNUTS	1 oz	22.42	15.08	1.47	73.90
POPCORN,CHEESE-FLAVOR	1 cup	5.68	0.09	1.09	41.70
POPCORN,CHEESE-FLAVOR	1 oz	14.63	0.22	2.81	41.70
POPCORN,MICROWAVE,LOFAT&NA	1 oz	20.81	0.15	4.03	59.19
POPCORN,OIL-POPPED,LOFAT	1 oz	41.97	0.45	7.88	120.24
POPCORN,SUGAR SYRUP/CARAMEL,FAT-FREE	1 oz	25.53	18.34	0.71	87.56
PORK SKINS,BARBECUE-FLAVOR	1/2 oz	0.23	0.00	0.00	1.60
PORK SKINS,BARBECUE-FLAVOR	1 oz	0.45	0.00	0.00	1.60
PORK SKINS,PLAIN	1/2 oz	0.00	0.00	0.00	0.00
PORK SKINS,PLAIN	1 oz	0.00	0.00	0.00	0.00
POTATO CHIPS,BARBECUE-FLAVOR	1 bag (7 oz)	111.26	10.83	7.52	52.39
POTATO CHIPS,BARBECUE-FLAVOR	1 oz	15.93	1.55	1.08	52.39
POTATO CHIPS,CHEESE-FLAVOR	1 bag (6 oz)	98.09	0.00	8.84	52.50

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
POTATO CHIPS,CHEESE-FLAVOR	1 oz	16.36	0.00	1.47	52.50
POTATO CHIPS,FAT FREE,SALTED	1 bag (8 oz)	190.14	8.38	17.03	76.26
POTATO CHIPS,FAT FREE,SALTED	1 oz	23.75	1.05	2.13	76.26
POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	1 can (6.75 oz)	101.57	0.00	2.38	50.10
POTATO CHIPS,MADE FR DRIED POTATOES,SOUR-CREAM&ONION-FLAVOR	1 oz	14.54	0.00	0.34	50.10
POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	1 can (6.25 oz)	96.65	0.00	6.49	47.20
POTATO CHIPS,MADE FROM DRIED POTATOES,CHEESE-FLAVOR	1 oz	14.35	0.00	0.96	47.20
POTATO CHIPS,MADE FROM DRIED POTATOES,LT	1 can (6 oz)	110.09	1.07	5.44	61.56
POTATO CHIPS,MADE FROM DRIED POTATOES,LT	1 oz	18.36	0.18	0.91	61.56
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	1 can (7 oz)	109.65	1.50	5.74	52.48
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	1 oz	15.51	0.21	0.81	52.48
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	1 oz	15.70	0.22	0.82	52.48
POTATO CHIPS,MADE FROM DRIED POTATOES,PLN	16 chips	14.40	0.20	0.75	52.48
POTATO CHIPS,PLAIN,SALTED	1 bag (8 oz)	122.19	0.75	7.04	50.73
POTATO CHIPS,PLAIN,SALTED	1 oz	15.07	0.09	0.87	50.73
POTATO CHIPS,PLAIN,SALTED	1 oz	15.26	0.09	0.88	50.73
POTATO CHIPS,PLAIN,SALTED	22 chips	15.07	0.09	0.87	50.73
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,SALTED	1 bag (8 oz)	120.08	0.00	10.90	48.10
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,SALTED	1 oz	15.00	0.00	1.36	48.10
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	1 bag (8 oz)	120.08	0.00	10.90	48.10
POTATO CHIPS,PLN,MADE W/PART HYDR SOYBN OIL,UNSALTED	1 oz	15.00	0.00	1.36	48.10
POTATO CHIPS,PLN,UNSALTED	1 bag (8 oz)	120.08	0.50	10.90	48.10
POTATO CHIPS,PLN,UNSALTED	1 oz	15.00	0.06	1.36	48.10
POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	1 bag (7 oz)	101.97	0.00	10.30	46.30
POTATO CHIPS,SOUR-CREAM-AND-ONION-FLAVOR	1 oz	14.60	0.00	1.47	46.30
POTATO CHIPS,WHITE,RESTRUCTURED,BKD	1 cup	24.28	1.70	1.63	66.60
POTATO CHIPS,WHITE,RESTRUCTURED,BKD	10 chips	8.57	0.60	0.58	66.60

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POTATO CHIPS,WO/SALT,RED FAT	1 oz	19.22	0.06	1.73	61.70
PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	1 oz	20.10	11.00	0.68	68.50
PRETZELS,HARD,CONFECTIONER'S COATING,CHOCOLATE-FLAVOR	1 pretzel	7.80	4.27	0.26	68.50
PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	1 oz	22.45	0.00	0.79	76.40
PRETZELS,HARD,PLN,MADE W/UNENR FLR,SALTED	10 twists	47.52	0.00	1.68	76.40
PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	1 oz	22.45	0.00	0.79	76.40
PRETZELS,HARD,PLN,MADE W/UNENR FLR,UNSALTED	10 twists	47.52	0.00	1.68	76.40
PRETZELS,HARD,PLN,SALTED	1 oz	22.79	0.63	0.96	76.99
PRETZELS,HARD,PLN,SALTED	10 twists	48.23	1.33	2.04	76.99
PRETZELS,SOFT	1 large	99.23	0.36	2.43	67.69
PRETZELS,SOFT	1 medium	79.80	0.29	1.96	67.69
PRETZELS,SOFT	1 small	43.02	0.16	1.05	67.69
PRETZELS,SOFT,UNSALTED	1 large	101.59	0.36	2.43	69.34
PRETZELS,SOFT,UNSALTED	1 medium	81.70	0.29	1.96	69.34
PRETZELS,SOFT,UNSALTED	1 small	44.04	0.16	1.05	69.34
RICE & WHEAT CRL BAR	1 bar	16.00	7.00	0.40	70.93
RICE CAKE,CRACKER (INCL HAIN MINI RICE CAKES)	1 cubic inch	3.41	0.04	0.18	76.90
RICE CAKES,BROWN RICE,BUCKWHEAT	1 cake	7.21	0.00	0.34	76.30
RICE CAKES,BROWN RICE,BUCKWHEAT	2 cakes	14.42	0.00	0.68	76.30
RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	1 cake	7.21	0.00	0.00	80.10
RICE CAKES,BROWN RICE,BUCKWHEAT,UNSALTED	2 cakes	14.42	0.00	0.00	80.10
RICE CAKES,BROWN RICE,MULTIGRAIN	1 cake	7.21	0.00	0.27	77.10
RICE CAKES,BROWN RICE,MULTIGRAIN	2 cakes	14.42	0.00	0.54	77.10
RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	1 cake	7.21	0.00	0.00	80.10
RICE CAKES,BROWN RICE,MULTIGRAIN,UNSALTED	2 cakes	14.42	0.00	0.00	80.10
RICE CAKES,BROWN RICE,PLN	1 cake	7.34	0.08	0.38	77.30
RICE CAKES,BROWN RICE,PLN	2 cakes	14.67	0.16	0.76	77.30
RICE CAKES,BROWN RICE,PLN,UNSALTED	1 cake	7.34	0.08	0.38	77.30
RICE CAKES,BROWN RICE,PLN,UNSALTED	2 cakes	14.67	0.16	0.76	77.30
RICE CAKES,BROWN RICE,RYE	1 cake	7.19	0.00	0.36	75.90
RICE CAKES,BROWN RICE,RYE	2 cakes	14.38	0.00	0.72	75.90
RICE CAKES,BROWN RICE,SESAME SD	1 cake	7.34	0.00	0.49	76.10

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RICE CAKES,BROWN RICE,SESAME SD	2 cakes	14.67	0.00	0.97	76.10
RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	1 cake	7.34	0.00	0.00	81.50
RICE CAKES,BROWN RICE,SESAME SD,UNSALTED	2 cakes	14.67	0.00	0.00	81.50
SESAME STKS,WHEAT-BASED,SALTED	1 oz	13.18	0.05	0.79	43.70
SESAME STKS,WHEAT-BASED,SALTED	2 oz	26.51	0.11	1.60	43.70
SESAME STKS,WHEAT-BASED,UNSALTED	1 oz	13.18	0.00	0.00	46.50
SESAME STKS,WHEAT-BASED,UNSALTED	2 oz	26.51	0.00	0.00	46.50
Snac, grano bar, GENER MILLS NATURE VALL, SWE&SAL NUT, peanu	1 bar	21.40	11.60	1.02	58.24
Snac, grano bar, GENER MILLS, NATUR VALLE, CHEWY TRAIL MIX	1 bar	25.29	15.00	1.33	68.47
Snack, Mixed Berry Bar	1 bar	22.36	10.00	3.00	50.94
Snack,gran bar,GENERAL MILLS, NATURE VALLEY, w yogu coati	1 bar	26.00	14.00	1.54	69.89
SNACK,PRETZEL,HARD CHOC COATD	1 serving	19.62	10.86	0.98	66.57
Snacks, brown rice chips	1 cake	7.34	0.05	0.38	77.30
Snacks, brown rice chips	2 cakes	14.67	0.11	0.76	77.30
Snacks, CLIF BAR, mixed flavors	1 bar	44.50	21.50	5.03	58.04
Snacks, granola bar, QUAKER, DIPPS, all flavors	1 bar	20.14	11.66	0.99	61.76
Snacks, potato chips, fr dried potatoes, multigrain	1 oz	18.52	1.16	0.77	62.64
Snacks, potato chips, fr dried potatoes, multigrain	16 1/2 pieces average	18.30	1.14	0.76	62.64
Snacks, tortilla chips, nacho cheese	1 oz	17.24	0.73	1.45	55.71
SNACKS,BAGEL CHIPS,PLN	1 bag	116.13	10.54	7.18	62.26
SNACKS,BAGEL CHIPS,PLN	1 oz	18.81	1.71	1.16	62.26
SNACKS,BAGEL CHIPS,PLN	6 piece chips	18.58	1.69	1.15	62.26
SNACKS,BF STKS,SMOKED	1 oz	1.53	0.00	0.00	5.40
SNACKS,BF STKS,SMOKED	1 stick	1.08	0.00	0.00	5.40
SNACKS,CANDY BITS,YOGURT COVERED W/ VIT C	1 package	17.38	13.00	0.04	86.70
SNACKS,CANDY ROLLS,YOGURT-COVERED,FRUIT FLAV W/ HI VIT C	1 Roll	17.17	9.00	0.76	71.34
SNACKS,CORN-BASE,EXTRUD,CHIPS,BARBECUE-FLAVOR,W/ENR MASA FLR	1 oz	15.93	0.00	0.00	56.20
SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	1 bag (8 oz)	122.81	6.27	4.99	51.90
SNACKS,CORN-BASED,EXTRDD,PUFFS OR TWISTS,CHEESE-FLAVOR,UNENR	1 oz	15.34	0.78	0.62	51.90
SNACKS,CORN-BASED,EXTRUDED,CHIPS,PLN	1 bag (7 oz)	112.66	0.53	7.92	52.90
SNACKS,CORN-BASED,EXTRUDED,CHIPS,PLN	1 oz	15.93	0.08	1.12	52.90

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SNACKS,CORN-BASED,EXTRUDED,CHIPS,PLN	1 oz	16.13	0.08	1.13	52.90
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	1 bag, single serving	16.07	0.39	1.23	53.00
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	1 cup, crushed	50.51	1.24	3.87	53.00
SNACKS,CORN-BASED,EXTRUDED,CHIPS,UNSALTED	10 chips	10.33	0.25	0.79	53.00
SNACKS,CORN-BASED,EXTRUDED,ONION-FLAVOR	1 oz	18.46	1.37	1.11	61.20
SNACKS,CORN-BASED,EXTRUDED,ONION-FLAVOR	2 oz	37.11	2.75	2.22	61.20
SNACKS,FARLEY CANDY,FARLEY FRUIT SNACKS,W/VITAMINS A,C,&E	1 pouch	21.03	0.00	0.00	80.90
SNACKS,FRITOLAY,SUNCHIPS,MULTIGRAIN SNACK,ORIGINAL FLAVOR	1 oz	19.07	2.04	2.49	58.46
SNACKS,FRITOLAY,SUNCHIPS,MULTIGRAIN,FRENCH ONION FLAVOR	1 oz	18.57	2.50	2.21	57.69
SNACKS,FRITOLAY,SUNCHIPS,MULTIGRAIN,HARVEST CHEDDAR	1 oz	18.34	2.00	2.30	56.60
SNACKS,FRUIT LEATHER,PIECES,W/VIT C	1 packet	12.10	0.00	0.50	81.70
SNACKS,FRUIT LEATHER,PIECES,W/VIT C	1 serving	17.89	0.00	0.74	81.70
SNACKS,GENERAL MILLS,BETTY CROCKER FRT RL UPS,BRY FLV,W/VT C	2 rolls	23.86	10.84	0.00	85.20
SNACKS,GENERAL MILLS,CHEX MIX,TRADITIONAL FLAVOR	1 cup	35.14	2.28	1.83	70.87
SNACKS,GENERAL MILLS,CHEX MIX,TRADITIONAL FLAVOR	1 oz	21.20	1.37	1.11	70.87
SNACKS,GENERAL MILLS,CHEX MIX,TRADITIONAL FLAVOR	1 package	36.64	2.38	1.91	70.87
SNACKS,GRANOLA BAR,CHEWY,RED SUGAR,ALL FLAVORS	1 bar	16.66	4.99	0.74	66.30
SNACKS,GRANOLA BAR,KASHI GOLEAN,CHEWY,MXD FLAVORS	1 bar	49.47	33.00	6.01	55.72
SNACKS,GRANOLA BAR,KASHI GOLEAN,CRUNCHY,MXD FLAVORS	1 bar	28.00	12.83	2.77	53.68
SNACKS,GRANOLA BAR,KASHI TLC BAR,CHEWY,MXD FLAVORS	1 bar	18.64	6.00	3.99	41.86
SNACKS,GRANOLA BAR,KASHI TLC BAR,CRUNCHY,MXD FLAVORS	1 bar	12.56	4.00	2.00	52.78
SNACKS,GRANOLA BAR,KASHI TLC BAR,CRUNCHY,MXD FLAVORS	2 bar	25.11	8.00	4.00	52.78
SNACKS,GRANOLA BAR,QUAKER,CHEWY,90 CAL BAR	1 bar	19.00	7.00	1.01	74.97

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SNACKS,GRANOLA BARS,QUAKER OATMEAL TO GO,ALL FLAVORS	1 bar	45.28	18.92	2.76	70.87
SNACKS,GRANOLA BARS,SOFT,ALMOND,CONFECTIONERS COATING	1 bar	21.05	11.90	1.51	55.83
SNACKS,GRANOLA BITES,MXD FLAVORS	1 package	13.25	6.00	1.14	60.57
SNACKS,KELLOGG,KELLOGG'S RICE KRISPIES TREATS SQUARES	1 serving	17.71	4.26	0.13	79.90
SNACKS,KELLOGG'S LOFAT GRANOLA BAR,CRUNCHY ALMD/BRN SUGAR	1 bar	28.86	0.00	2.29	71.80
SNACKS,KELLOGG'S,NUTRI-GRAIN CRL BARS,FRUIT	1 bar	51.46	22.82	5.11	125.28
SNACKS,M&M MARS,COMBOS SNACKS CHEDDAR CHS PRETZEL	1 oz	18.85	4.99	0.51	64.70
SNACKS,M&M MARS,COMBOS SNACKS CHEDDAR CHS PRETZEL	10 pieces	19.95	5.28	0.54	64.70
SNACKS,M&M MARS,KUDOS WHL GRAIN BAR,M&M'S MILK CHOC	1 bar	17.52	9.07	0.58	70.61
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,CHOC CHIP	1 bar	20.25	10.86	0.73	69.71
SNACKS,M&M MARS,KUDOS WHL GRAIN BARS,PNUT BUTTER	1 bar	18.11	12.40	0.73	62.09
SNACKS,NUTRI-GRAIN FRUIT & NUT BAR	1 bar	21.35	10.38	2.40	59.22
SNACKS,PITA CHIPS,SALTED	1 bag	178.84	12.47	9.96	64.46
SNACKS,PITA CHIPS,SALTED	1 oz	19.35	1.35	1.08	64.46
SNACKS,PLANTAIN CHIPS,SALTED	1 oz	18.10	0.26	0.99	60.34
SNACKS,POPCORN,HOME-PREPARED,OIL-POPPED,UNSALTED	1 cup	4.65	0.04	0.80	48.10
SNACKS,POPCORN,HOME-PREPARED,OIL-POPPED,UNSALTED	1 oz	16.47	0.15	2.84	48.10
SNACKS,POPCORN,MICROWAVE,REG (BUTTER) FLAVOR, W/PARHYD OIL	1 bag	47.99	0.48	8.70	45.16
SNACKS,POPCORN,MICROWAVE,REG (BUTTER) FLAVOR, W/PARHYD OIL	1 cup	4.36	0.04	0.79	45.16
SNACKS,POPCORN,OIL-POPPED,MICROWAVE,REG FLAVOR,NO TRANS FAT	1 cup	4.96	0.05	0.89	36.96
SNACKS,POPCORN,OIL-POPPED,MICROWAVE,REG FLAVOR,NO TRANS FAT	1 oz	12.77	0.13	2.30	36.96
SNACKS,POPCORN,OIL-POPPED,WHITE POPCORN,SALT ADDED	1 cup	6.29	0.00	1.10	47.20

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SNACKS,POPCORN,OIL-POPPED,WHITE POPCORN,SALT ADDED	1 oz	16.22	0.00	2.84	47.20
SNACKS,POTATO CHIPS,FAT-FREE,MADE W/OLESTRA	1 oz	18.43	0.00	1.93	58.20
SNACKS,POTATO CHIPS,FRM DRIED POTATOES,FAT- FREE,W/ OLESTRA	1 oz	15.88	0.17	2.07	48.70
SNACKS,POTATO CHIPS,LIGHTLY SALTED	1 bag	121.54	0.77	9.53	49.34
SNACKS,POTATO CHIPS,LIGHTLY SALTED	23 pieces	14.99	0.10	1.18	49.34
SNACKS,POTATO CHIPS,RED FAT	1 bag (6 oz)	113.73	0.37	10.03	61.00
SNACKS,POTATO CHIPS,RED FAT	1 oz	18.97	0.06	1.67	61.00
SNACKS,POTATO STKS	1/2 cup	9.59	0.04	0.61	49.90
SNACKS,POTATO STKS	1 oz	15.11	0.06	0.96	49.90
SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	1 oz	22.45	0.63	0.79	76.40
SNACKS,PRETZELS,HARD,PLN,MADE W/ ENR FLR,UNSALTED	10 twists	47.52	1.33	1.68	76.40
SNACKS,PRETZELS,HARD,WHOLE-WHEAT INCL BOTH SALTED & UNSALTED	1 oz	23.05	0.00	2.18	73.60
SNACKS,PRETZELS,HARD,WHOLE-WHEAT INCL BOTH SALTED & UNSALTED	2 oz	46.34	0.00	4.39	73.60
SNACKS,RICE CAKES,BROWN RICE,CORN	1 cake	7.31	0.00	0.26	78.30
SNACKS,RICE CAKES,BROWN RICE,CORN	2 cakes	14.62	0.00	0.52	78.30
SNACKS,SOY CHIPS OR CRISPS,SALTED	1 oz	15.07	0.51	0.99	49.65
SNACKS,SUNKIST,SUNKIST FRUIT ROLL,STRAWBERRY,W/VITMNS A,C,&E	1 roll	17.37	0.00	1.62	75.00
SNACKS,SWT POTATO CHIPS,UNSALTED	1 Bag	15.91	2.47	2.46	48.02
SNACKS,SWT POTATO CHIPS,UNSALTED	1 oz	16.11	2.50	2.49	48.02
SNACKS,SWT POTATO CHIPS,UNSALTED	1 package	19.32	3.00	2.99	48.02
SNACKS,TORTILLA CHIPS,LOFAT,MADE W/OLESTRA,NACHO CHS	1 oz	18.49	0.80	1.81	58.82
SNACKS,TORTILLA CHIPS,LT (BAKED W/ LESS OIL)	1 cup, crushed	46.24	0.33	3.59	67.70
SNACKS,TORTILLA CHIPS,LT (BAKED W/ LESS OIL)	10 chips	11.74	0.08	0.91	67.70
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,MADE W/ENR MASA FLR	1 oz	17.69	0.00	1.50	57.10
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	1 bag (6 oz)	121.72	0.00	8.16	66.80
SNACKS,TORTILLA CHIPS,NACHO-FLAVOR,RED FAT	1 oz	20.30	0.00	1.36	66.80
SNACKS,TORTILLA CHIPS,RANCH-FLAVOR	1 bag (7 oz)	124.23	6.00	7.92	58.74
SNACKS,TORTILLA CHIPS,RANCH-FLAVOR	1 oz	17.79	0.86	1.13	58.74

USDA Fruits, Snacks, Entrees and Sides Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	1 bag, single serving	18.29	0.28	1.48	60.02
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	1 cup	16.98	0.26	1.38	60.02
SNACKS,TORTILLA CHIPS,UNSALTED,WHITE CORN	10 chips	11.76	0.18	0.95	60.02
SNACKS,VEG CHIPS,HAIN CELESTIAL GROUP,TERRA CHIPS	1 oz	16.43	2.76	3.09	47.07
SNACKS,VEG CHIPS,MADE FROM GARDEN VEG	1 oz	17.13	1.15	1.33	55.73
SNACKS,YUCCA (CASSAVA) CHIPS,SALTED	1 bag	72.69	3.53	3.89	65.53
SNACKS,YUCCA (CASSAVA) CHIPS,SALTED	1 oz	19.63	0.95	1.05	65.53
SNACKS,YUCCA (CASSAVA) CHIPS,SALTED	10 chips	11.77	0.57	0.63	65.53
TARO CHIPS	1 oz	19.31	1.08	2.04	60.90
TARO CHIPS	10 chips	15.66	0.88	1.66	60.90
Tortilla chips, yellow, plain, salted	1 oz	19.10	0.34	1.33	62.68
TORTILLA CHIPS,LOFAT,BKD WO/FAT	1 oz	22.68	0.19	1.50	74.70
TORTILLA CHIPS,LOFAT,UNSALTED	1 oz	22.71	0.24	1.50	74.80
TORTILLA CHIPS,PLAIN	1 bag	144.37	1.66	11.50	62.38
TORTILLA CHIPS,PLAIN	1 oz	19.22	0.22	1.53	62.38
TORTILLA CHIPS,TACO-FLAVOR	1 bag (8 oz)	143.24	0.00	12.03	57.80
TORTILLA CHIPS,TACO-FLAVOR	1 oz	17.89	0.00	1.50	57.80
TRAIL MIX,REG,UNSALTED	1 cup	67.35	0.00	0.00	44.90
TRAIL MIX,REG,UNSALTED	1 oz	12.73	0.00	0.00	44.90
TRAIL MIX,REG,UNSALTED	1 1/2 oz	18.86	0.00	0.00	44.90
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	1 cup	65.55	34.86	7.30	39.90
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	1 oz	12.73	6.77	1.42	39.90
TRAIL MIX,REG,W/CHOC CHIPS,SALTED NUTS&SEEDS	1 1/2 oz	18.86	10.03	2.10	39.90
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	1 cup	65.55	0.00	0.00	44.90
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	1 oz	12.73	0.00	0.00	44.90
TRAIL MIX,REG,W/CHOC CHIPS,UNSALTED NUTS&SEEDS	1 1/2 oz	18.86	0.00	0.00	44.90
TRAIL MIX,REGULAR	1 cup	67.35	0.00	0.00	44.90
TRAIL MIX,REGULAR	1 oz	12.73	0.00	0.00	44.90
TRAIL MIX,REGULAR	1 1/2 oz	18.86	0.00	0.00	44.90
TRAIL MIX,TROPICAL	1 cup	91.84	0.00	0.00	65.60
TRAIL MIX,TROPICAL	1 oz	18.60	0.00	0.00	65.60
TRAIL MIX,TROPICAL	1 1/2 oz	27.55	0.00	0.00	65.60