

# USDA Restaurant and Fast Food Carb Data

compiled by Douglas R. Keesler

Description	Amount	Carbs	Sugars	Fiber	Net Carbs
BREAKFAST ITEMS,BISCUIT W/EGG&SAUSAGE	1 item	34.10	1.54	0.32	33.78
BURGER KING, CHSBRGR	1 item	31.53	5.97	3.72	27.81
BURGER KING,CHICK STRIPS	1 serving 5 pieces	35.45	0.00	2.25	33.20
BURGER KING,CHICK STRIPS	1 strip	7.38	0.00	0.47	6.91
BURGER KING,CROISSAN'WICH W/ EGG & CHS	1 item	27.27	4.43	0.77	26.50
BURGER KING,CROISSAN'WICH W/ SAUSAGE & CHS	1 item	30.13	4.40	0.92	29.21
BURGER KING,CROISSAN'WICH W/ SAUSAGE,EGG & CHS	1 sandwich	27.19	5.34	3.08	24.11
BURGER KING,DOUBLE CHEESEBURGER	1 sandwich	28.24	6.76	0.00	28.24
BURGER KING,DOUBLE WHOPPER,NO CHS	1 item	51.39	13.16	5.24	46.15
BURGER KING,DOUBLE WHOPPER,W/ CHS	1 item	53.94	14.40	6.38	47.56
BURGER KING,FRENCH FR	1 large serving	61.92	0.82	4.64	57.28
BURGER KING,FRENCH FR	1 medium serving	45.28	0.60	3.39	41.89
BURGER KING,FRENCH FR	1 small serving	28.64	0.38	2.15	26.49
BURGER KING,FRENCH TOAST STKS	1 serving 5 sticks	44.09	10.58	1.50	42.60
BURGER KING,FRENCH TOAST STKS	1 stick	8.65	2.08	0.29	8.36
BURGER KING,HAMBURGER	1 sandwich	26.49	5.54	1.98	24.51
BURGER KING,HASH BROWN ROUNDS	1 piece	1.64	0.04	0.13	1.52
BURGER KING,HASH BROWN ROUNDS	1 serving	46.99	1.01	3.68	43.31
BURGER KING,ONION RINGS	1 large	61.88	7.71	3.83	58.05
BURGER KING,ONION RINGS	1 medium	50.99	6.35	3.16	47.83
BURGER KING,ONION RINGS	1 small	39.66	4.94	2.46	37.20
BURGER KING,ORIGINAL CHICK SNDWCH	1 sandwich	52.18	6.01	4.78	47.40
BURGER KING,PREMIUM FISH SNDWCH	1 sandwich	58.72	7.77	1.98	56.74
BURGER KING,VANILLA SHAKE	1 fluid ounce	4.76	2.92	0.00	4.76
BURGER KING,VANILLA SHAKE	1 medium 16 fl oz	75.55	46.33	0.00	75.55
BURGER KING,VANILLA SHAKE	1 small 12 fl oz	56.71	34.78	0.00	56.71
BURGER KING,WHOPPER,NO CHS	1 item	53.98	12.28	5.24	48.74
BURGER KING,WHOPPER,W/ CHS	1 item	52.77	12.99	3.16	49.61
CHICK-FIL-A,CHICK-N-STRIPS	1 serving 4 pieces	20.88	2.49	1.81	19.07
CHICK-FIL-A,CHICK-N-STRIPS	1 strip	5.20	0.62	0.45	4.75
CHICK-FIL-A,HASH BROWNS	1 piece	1.68	0.03	0.18	1.50
CHICK-FIL-A,HASH BROWNS	1 serving	23.49	0.42	2.46	21.03
CRISPY CHICK,BACON,& TOMATO CLUB SNDWCH,W/ CHS,LETUCE,& MAYO	1 sandwich	61.27	13.52	3.25	58.02
DIGIORNO PIZZA,CHS TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 pie 12" diameter	205.44	0.00	13.07	192.36
DIGIORNO PIZZA,CHS TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 slice 1/4 of pie	48.97	0.00	3.12	45.85
DIGIORNO PIZZA,CHS TOPPING,RISING CRUST,FRZ,BKD	1 pie 12" diameter	231.68	36.45	17.50	214.18

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DIGIORNO PIZZA,CHS TOPPING,RISING CRUST,FRZ,BKD	1 slice 1/4 of pie	58.16	9.15	4.39	53.77
DIGIORNO PIZZA,CHS TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 pie 23 oz	170.20	0.00	19.29	150.91
DIGIORNO PIZZA,CHS TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 slice 1/4 of pie	42.62	0.00	4.83	37.79
DIGIORNO PIZZA,PEPPERONI TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 pie 12" diameter	215.65	0.00	15.37	200.28
DIGIORNO PIZZA,PEPPERONI TOPPING,CHS STUFFED CRUST,FRZ,BKD	1 slice 1/4 of pie	52.73	0.00	3.76	48.97
DIGIORNO PIZZA,PEPPERONI TOPPING,RISING CRUST,FRZ,BKD	1 pie 12" diameter	236.43	38.71	17.46	218.97
DIGIORNO PIZZA,PEPPERONI TOPPING,RISING CRUST,FRZ,BKD	1 slice 1/4 of pie	64.48	10.56	4.76	59.72
DIGIORNO PIZZA,PEPPERONI TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 pie 22.1 oz	157.11	0.00	15.34	141.77
DIGIORNO PIZZA,PEPPERONI TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 slice 1/4 of pie	41.57	0.00	4.06	37.51
DIGIORNO PIZZA,SUPREME TOPPING,RISING CRUST,FRZ,BKD	1 pie 12" diameter	244.67	41.26	20.15	224.52
DIGIORNO PIZZA,SUPREME TOPPING,RISING CRUST,FRZ,BKD	1 slice 1/4 of pie	63.40	10.69	5.22	58.18
DIGIORNO PIZZA,SUPREME TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 pie 24.8 oz	166.90	0.00	16.66	150.24
DIGIORNO PIZZA,SUPREME TOPPING,THIN CRISPY CRUST,FRZ,BKD	1 slice 1/4 of pie	43.48	0.00	4.34	39.14
DOMINO'S 14" CHS PIZZA,CLASSIC HAND-TOSSED CRUST	1 pizza	287.53	34.77	19.03	268.50
DOMINO'S 14" CHS PIZZA,CLASSIC HAND-TOSSED CRUST	1 slice	35.90	4.34	2.38	33.52
DOMINO'S 14" CHS PIZZA,CRUNCHY THIN CRUST	1 pizza	152.17	22.09	13.50	138.67
DOMINO'S 14" CHS PIZZA,CRUNCHY THIN CRUST	1 slice	19.73	2.86	1.75	17.98
DOMINO'S 14" CHS PIZZA,ULTIMATE DEEP DISH CRUST	1 pizza	317.06	39.96	22.73	294.33
DOMINO'S 14" CHS PIZZA,ULTIMATE DEEP DISH CRUST	1 slice	39.51	4.98	2.83	36.67
DOMINO'S 14" EXTRAVAGANZZA FST PIZZA,CLSSIC HAND-TOSSED CRST	1 pizza	314.81	40.39	24.48	290.33
DOMINO'S 14" EXTRAVAGANZZA FST PIZZA,CLSSIC HAND-TOSSED CRST	1 slice	38.84	4.98	3.02	35.82

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DOMINO'S 14" PEPPERONI PIZZA,CLASSIC HAND-TOSSED CRUST	1 pizza	288.97	33.47	19.05	269.92
DOMINO'S 14" PEPPERONI PIZZA,CLASSIC HAND-TOSSED CRUST	1 slice	36.00	4.17	2.37	33.63
DOMINO'S 14" PEPPERONI PIZZA,CRUNCHY THIN CRUST	1 pizza	142.72	20.55	14.64	128.08
DOMINO'S 14" PEPPERONI PIZZA,CRUNCHY THIN CRUST	1 slice	20.03	2.88	2.05	17.97
DOMINO'S 14" PEPPERONI PIZZA,ULTIMATE DEEP DISH CRUST	1 pizza	313.80	38.47	23.62	290.18
DOMINO'S 14" PEPPERONI PIZZA,ULTIMATE DEEP DISH CRUST	1 slice	39.22	4.81	2.95	36.27
DOMINO'S 14" SAUSAGE PIZZA,CLASSIC HAND-TOSSED CRUST	1 pizza	290.70	35.79	21.91	268.79
DOMINO'S 14" SAUSAGE PIZZA,CLASSIC HAND-TOSSED CRUST	1 slice	36.30	4.47	2.74	33.56
DOMINO'S 14" SAUSAGE PIZZA,CRUNCHY THIN CRUST	1 pizza	151.04	20.42	15.52	135.52
DOMINO'S 14" SAUSAGE PIZZA,CRUNCHY THIN CRUST	1 slice	19.73	2.67	2.03	17.71
DOMINO'S 14" SAUSAGE PIZZA,ULTIMATE DEEP DISH CRUST	1 pizza	321.67	39.42	26.83	294.84
DOMINO'S 14" SAUSAGE PIZZA,ULTIMATE DEEP DISH CRUST	1 slice	40.21	4.93	3.35	36.86
ENTREES,CRAB CAKE	1 cake	5.11	0.00	0.24	4.87
ENTREES,FISH FILLET,BATTERED OR BREADED,&FRIED	1 fillet	15.44	0.00	0.46	14.99
FAST FD,BISCUIT	1 biscuit	23.55	2.13	1.38	22.18
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,REG CRUST	1 pizza	284.30	30.54	19.62	264.69
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,REG CRUST	1 slice	35.66	3.83	2.46	33.20
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,STUFFED CRUST	1 pizza whole	281.10	27.17	15.93	265.17
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,STUFFED CRUST	1 slice 1/8 pizza	35.10	3.39	1.99	33.11
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THICK CRUST	1 pizza	305.83	30.79	20.28	285.54
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THICK CRUST	1 slice	38.15	3.84	2.53	35.62
FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THIN CRUST	1 pizza	184.08	21.30	14.75	169.33

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FAST FD,PIZZA CHAIN,14" PIZZA,CHS TOPPING,THIN CRUST	1 slice	23.71	2.74	1.90	21.81
FAST FD,PIZZA CHAIN,14" PIZZA,MEAT & VEG TOPPING,REG CRUST	1 pie	296.44	43.57	25.70	270.74
FAST FD,PIZZA CHAIN,14" PIZZA,MEAT & VEG TOPPING,REG CRUST	1 slice	34.52	5.07	2.99	31.52
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,REG CRUST	1 pizza	286.22	29.18	20.59	265.64
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,REG CRUST	1 slice	35.50	3.62	2.55	32.94
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THICK CRUST	1 pizza	301.21	27.72	20.81	280.39
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THICK CRUST	1 slice	37.57	3.46	2.60	34.98
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THIN CRUST	1 pizza	173.13	19.22	13.73	159.40
FAST FD,PIZZA CHAIN,14" PIZZA,PEPPERONI TOPPING,THIN CRUST	1 slice	22.91	2.54	1.82	21.09
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,REG CRUST	1 pizza	285.38	30.94	21.44	263.94
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,REG CRUST	1 slice	35.52	3.85	2.67	32.85
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THICK CRUST	1 pizza	308.76	28.68	23.39	285.37
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THICK CRUST	1 slice	38.56	3.58	2.92	35.64
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THIN CRUST	1 pizza	180.90	20.23	16.75	164.15
FAST FD,PIZZA CHAIN,14" PIZZA,SAUSAGE TOPPING,THIN CRUST	1 slice	23.76	2.66	2.20	21.56
FAST FDS,CHSEBURGER; DOUBLE,LRG PATTY; W/ CONDMNT,VEG & MAYO	1 item	44.80	12.82	4.62	40.19
FAST FDS,GRILLED CHICK FILET SNDWCH,W/ LETTUCE,TOMATO & SPRD	1 sandwich	38.59	7.08	2.07	36.52
FAST FOODS BISCUIT W/ EGG	1 biscuit	31.91	0.00	0.82	31.09
FAST FOODS, COLESLAW	1 cup	28.44	23.28	3.63	24.81
FAST FOODS, COLESLAW	1 package	17.27	14.14	2.20	15.07
FAST FOODS,BAGEL,W/ BRKFST STEAK,EGG,CHS,& CONDMNT	1 item	58.39	7.54	0.51	57.89
FAST FOODS,BAGEL,W/ EGG,SAUSAGE PATTY,CHS,& CONDMNT	1 item	49.58	6.29	0.44	49.14
FAST FOODS,BISCUIT W/ EGG & STEAK	1 biscuit	21.27	0.00	0.00	21.27
FAST FOODS,BISCUIT,W/EGG&BACON	1 biscuit	28.59	3.29	0.75	27.84

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FAST FOODS,BISCUIT,W/EGG&HAM	1 biscuit	29.79	4.00	0.73	29.07
FAST FOODS,BISCUIT,W/EGG,CHS,&BACON	1 item	35.44	2.52	0.29	35.15
FAST FOODS,BISCUIT,W/HAM	1 biscuit	62.78	3.19	1.13	61.64
FAST FOODS,BISCUIT,W/SAUSAGE	1 item	33.29	1.76	0.44	32.84
FAST FOODS,BROWNIE	1 brownie (2" square)	38.97	0.00	0.00	38.97
FAST FOODS,BURRITO,W/ BNS & BF	1 item	47.04	5.28	7.23	39.81
FAST FOODS,BURRITO,W/BF	2 pieces	58.52	0.00	0.00	58.52
FAST FOODS,BURRITO,W/BF&CHILI PEPPERS	2 pieces	49.45	0.00	0.00	49.45
FAST FOODS,BURRITO,W/BF,CHS,&CHILI PEPPERS	2 pieces	63.72	0.00	0.00	63.72
FAST FOODS,BURRITO,W/BNS	2 pieces	71.44	0.00	0.00	71.44
FAST FOODS,BURRITO,W/BNS&CHILI PEPPERS	2 pieces	58.08	0.00	0.00	58.08
FAST FOODS,BURRITO,W/BNS&CHS	1 each burrito	57.78	3.20	7.77	50.01
FAST FOODS,BURRITO,W/BNS,CHS,&BF	1 burrito	56.32	5.06	8.92	47.40
FAST FOODS,BURRITO,W/BNS,CHS,&CHILI PEPPERS	2 pieces	85.18	0.00	0.00	85.18
FAST FOODS,BURRITO,W/FRUIT (APPL OR CHERRY)	1 burrito, large	73.27	0.00	0.00	73.27
FAST FOODS,BURRITO,W/FRUIT (APPL OR CHERRY)	1 burrito, small	34.98	0.00	0.00	34.98
FAST FOODS,CHEESEBURGER,DOUBLE,REG PATTY & BUN,W/ CONDMNT	1 sandwich	27.85	6.45	1.55	26.30
FAST FOODS,CHEESEBURGER; DOUBLE,LRG PATTY,W/ CONDMNT & VEG	1 sandwich	39.65	0.00	0.00	39.65
FAST FOODS,CHEESEBURGER; DOUBLE,LRG PATTY; W/ CONDMNT	1 item	40.40	9.77	2.80	37.60
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY,W/ CONDMNT & VEG	1 sandwich	35.19	0.00	0.00	35.19
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY; PLN	1 item	30.99	5.99	1.04	29.95
FAST FOODS,CHEESEBURGER; DOUBLE,REG PATTY; W/ CONDMNT	1 sandwich	27.85	6.45	1.40	26.46
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; PLN	1 sandwich	43.81	8.50	3.09	40.71
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ CONDMNT	1 item	39.24	7.16	2.39	36.85
FAST FOODS,CHEESEBURGER; SINGLE,LRG PATTY; W/ CONDMNT & VEG	1 sandwich	39.17	9.32	3.26	35.91
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/ CONDMNT	1 item	32.33	6.65	2.41	29.92
FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY,W/ CONDMNT & VEG	1 sandwich	28.72	5.88	1.61	27.11

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FAST FOODS,CHEESEBURGER; SINGLE,REG PATTY; PLN	1 sandwich	25.51	4.44	1.82	23.69
FAST FOODS,CHEESEBURGER; TRIPLE,REG PATTY; PLN	1 item	40.24	8.19	1.25	38.99
FAST FOODS,CHESEBRGER; SING,LRG PATY; W/ CONDMNT,VEG & MAYO	1 sandwich	38.12	9.68	2.37	35.75
FAST FOODS,CHESEBURGER; SINGLE,LRG PATTY; W/ CONDMNT & BACON	1 item	39.86	9.77	2.74	37.11
FAST FOODS,CHICK FILLET SNDWCH,PLN	1 sandwich	38.69	0.00	0.00	38.69
FAST FOODS,CHICK TENDERS	1 serving	31.74	0.74	2.21	29.53
FAST FOODS,CHICK TENDERS	1 strip	5.18	0.12	0.36	4.82
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	4 pieces	9.56	0.05	0.58	8.98
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	6 pieces	14.33	0.08	0.86	13.47
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	10 pieces	23.89	0.13	1.44	22.45
FAST FOODS,CHICK,BREADED & FRIED,BNLESS PIECES,PLN	20 pieces	47.78	0.26	2.88	44.90
FAST FOODS,CHICK,BREADED&FRIED,DK MEAT (DRUMSTK OR THIGH)	2 pieces	15.70	0.00	0.00	15.70
FAST FOODS,CHICK,BREADED&FRIED,LT MEAT (BREAST OR WING)	2 pieces	19.58	0.00	0.00	19.58
FAST FOODS,CHILI CON CARNE	1 cup (8 fl oz)	21.94	0.00	0.00	21.94
FAST FOODS,CHIMICHANGA,W/BF	1 chimichanga	42.80	0.00	0.00	42.80
FAST FOODS,CHIMICHANGA,W/BF&CHS	1 chimichanga	39.33	0.00	0.00	39.33
FAST FOODS,CHIMICHANGA,W/BF&RED CHILI PEPPERS	1 chimichanga	45.77	0.00	0.00	45.77
FAST FOODS,CHIMICHANGA,W/BF,CHS,&RED CHILI PEPPERS	1 chimichanga	38.27	0.00	0.00	38.27
FAST FOODS,CHSBURGER; SINGLE,LRG PATTY; W/ CONDMNT,VEG & HAM	1 sandwich	33.05	0.00	0.00	33.05
FAST FOODS,CHSBURGR; DBL,RG PTTY; DBL BN W/ CNDMNT & SPL SAU	1 item	47.15	7.14	3.07	44.08
FAST FOODS,CHSEBURGER; DBLE,REG,PATTY & BN; W/ CONDMNT & VEG	1 sandwich	53.12	0.00	0.00	53.12
FAST FOODS,CLAMS,BREADED&FRIED	3/4 cup	38.81	0.00	0.00	38.81
FAST FOODS,COOKIES,ANIMAL CRACKERS	1 box	50.47	0.00	0.00	50.47
FAST FOODS,COOKIES,CHOC CHIP	1 box	36.22	0.00	0.00	36.22
FAST FOODS,CORN ON THE COB W/BUTTER	1 ear	31.94	0.00	0.00	31.94
FAST FOODS,CRISPY CHICK FILET SNDWCH,W/ LETTUCE & MAYO	1 sandwich	41.65	5.17	2.13	39.52
FAST FOODS,CROISSANT,W/EGG&CHS	1 croissant	28.51	0.00	0.00	28.51

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FAST FOODS,CROISSANT,W/EGG,CHS,&BACON	1	croissant	23.65	0.00	0.00	23.65
FAST FOODS,CROISSANT,W/EGG,CHS,&HAM	1	croissant	18.00	0.00	0.00	18.00
FAST FOODS,CROISSANT,W/EGG,CHS,&SAUSAGE	1	sandwich	27.19	5.34	3.08	24.11
FAST FOODS,EGG&CHS SNDWCH	1	sandwich	25.93	0.00	0.00	25.93
FAST FOODS,EGG,SCRAMBLED	2	eggs	2.00	1.57	0.00	2.00
FAST FOODS,ENCHILADA,W/CHS	1	enchilada	28.54	0.00	0.00	28.54
FAST FOODS,ENCHILADA,W/CHS&BF	1	enchilada	30.47	0.00	0.00	30.47
FAST FOODS,ENCHIRITO,W/CHS,BF,&BNS	1	enchirito	33.79	0.00	0.00	33.79
FAST FOODS,ENG MUFFIN,W/BUTTER	1	muffin	30.36	0.00	0.00	30.36
FAST FOODS,ENG MUFFIN,W/CHS&SAUSAGE	1	item	27.30	2.14	0.54	26.76
FAST FOODS,ENG MUFFIN,W/EGG,CHS,&CANADIAN BACON	1	sandwich	27.30	2.68	0.50	26.80
FAST FOODS,ENG MUFFIN,W/EGG,CHS,&SAUSAGE	1	item	28.78	2.46	0.33	28.45
FAST FOODS,FISH SNDWCH,W/TARTAR SAU	1	sandwich	58.72	7.77	2.20	56.52
FAST FOODS,FISH SNDWCH,W/TARTAR SAU&CHS	1	sandwich	35.36	4.92	1.07	34.29
FAST FOODS,FRENCH TOAST STKS	3	pieces	26.79	6.43	0.91	25.88
FAST FOODS,FRENCH TOAST STKS	5	pieces	44.92	10.78	1.53	43.39
FAST FOODS,FRENCH TOAST W/ BUTTER	2	slices	36.05	0.00	0.00	36.05
FAST FOODS,FRIED CHICK,BREAST,MEAT & SKN & BREADING	1	breast, bone and skin removed	6.45	0.00	0.11	6.35
FAST FOODS,FRIED CHICK,BREAST,MEAT & SKN & BREADING	1	breast, with skin	12.24	0.00	0.20	12.04
FAST FOODS,FRIED CHICK,BREAST,MEAT & SKN & BREADING	1	breast, without skin	8.56	0.00	0.14	8.42
FAST FOODS,FRIED CHICK,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1	breast bone and skin removed	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1	breast without skin	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,DRMSTK,MEAT ONLY,SKN & BRDING REMOVED	1	drumstick, bone and skin removed	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,DRMSTK,MEAT ONLY,SKN & BRDING REMOVED	1	drumstick, drumstick without skin	0.00	0.00	0.00	0.00
FAST FOODS,FRIED CHICK,DRUMSTK,MEAT & SKN W/ BREADING	1	drumstick, bone and skin removed	3.04	0.00	0.20	2.84
FAST FOODS,FRIED CHICK,DRUMSTK,MEAT & SKN W/ BREADING	1	drumstick, with skin	5.69	0.00	0.38	5.32
FAST FOODS,FRIED CHICK,DRUMSTK,MEAT & SKN W/ BREADING	1	drumstick, without skin	4.25	0.00	0.28	3.97

# USDA Restaurant and Fast Food Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FAST FOODS,FRIED CHICK,THIGH,MEAT & SKN & BREADING	1 thigh bone and skin removed	5.73	0.00	0.07	5.66
FAST FOODS,FRIED CHICK,THIGH,MEAT & SKN & BREADING	1 thigh with skin	11.80	0.00	0.14	11.67
FAST FOODS,FRIED CHICK,THIGH,MEAT & SKN & BREADING	1 thigh without skin	7.29	0.00	0.08	7.21
FAST FOODS,FRIED CHICK,THIGH,MEAT ONLY,SKN & BREDING REMOVED	1 thigh bone and skin removed	0.16	0.00	0.00	0.16
FAST FOODS,FRIED CHICK,THIGH,MEAT ONLY,SKN & BREDING REMOVED	1 thigh without skin	0.20	0.00	0.00	0.20
FAST FOODS,FRIED CHICK,WING,MEAT & SKN & BREADING	1 wing, bone and skin removed	2.24	0.00	0.02	2.22
FAST FOODS,FRIED CHICK,WING,MEAT & SKN & BREADING	1 wing, with skin	6.49	0.00	0.06	6.43
FAST FOODS,FRIED CHICK,WING,MEAT & SKN & BREADING	1 wing, without skin	4.14	0.00	0.04	4.10
FAST FOODS,FRIED CHICK,WING,MEAT ONLY,SKN & BREADING REMOVED	1 wing bone and skin removed	0.43	0.00	0.00	0.43
FAST FOODS,FRIED CHICK,WING,MEAT ONLY,SKN & BREADING REMOVED	1 wing without skin	0.79	0.00	0.00	0.79
FAST FOODS,FRIJOLES W/CHS	1 cup	28.71	0.00	0.00	28.71
FAST FOODS,GRIDDLE CAKE SNDWCH,EGG,CHS,& BACON	1 item 6.1 oz	45.57	16.63	1.39	44.18
FAST FOODS,GRIDDLE CAKE SNDWCH,EGG,CHS,& SAUSAGE	1 item 7.017 oz	43.86	15.72	1.19	42.67
FAST FOODS,GRIDDLE CAKE SNDWCH,SAUSAGE	1 item 4.744 oz	42.19	15.16	1.35	40.84
FAST FOODS,HAM&CHS SNDWCH	1 sandwich	33.35	0.00	0.00	33.35
FAST FOODS,HAM,EGG,&CHS SNDWCH	1 sandwich	30.95	0.00	0.00	30.95
FAST FOODS,HAMBURGER,LRG,SINGLE PATTY,W/CONDMNT	1 item	37.86	6.28	1.88	35.98
FAST FOODS,HAMBURGER,LRG,TRIPLE PATTY,W/CONDMNT	1 sandwich	28.59	0.00	0.00	28.59
FAST FOODS,HAMBURGER; DOUBLE,LRG PATTY; W/ CONDMNT & VEG	1 sandwich	40.27	0.00	0.00	40.27
FAST FOODS,HAMBURGER; DOUBLE,LRG PATY; W/ CONDMNT,VEG & MAYO	1 item	51.39	13.16	5.24	46.15
FAST FOODS,HAMBURGER; DOUBLE,REG PATTY; W/ CONDMNT	1 item	38.74	0.00	0.00	38.74
FAST FOODS,HAMBURGER; DOUBLE,REG,PATTY; PLN	1 item	28.92	4.98	1.08	27.84
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; PLN	1 sandwich	31.73	0.00	0.00	31.73



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FAST FOODS,HAMBURGER; SINGLE,LRG PATTY; W/ CONDMNT & VEG	1 sandwich	40.00	0.00	0.00	40.00
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; PLN	1 sandwich	24.57	3.81	1.33	23.24
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ CONDMNT	1 sandwich	28.68	5.77	1.75	26.94
FAST FOODS,HAMBURGER; SINGLE,REG PATTY; W/ CONDMNT & VEG	1 item	27.29	0.00	0.00	27.29
FAST FOODS,HMBURGR; SNG,REG PTTY; DBL BN W/ CNDMNT & SPL SAU	1 item	46.51	0.00	2.87	43.64
FAST FOODS,HOTDOG,PLAIN	1 sandwich	18.03	0.00	0.00	18.03
FAST FOODS,HOTDOG,W/CHILI	1 sandwich	31.29	0.00	0.00	31.29
FAST FOODS,HOTDOG,W/CORN FLR COATING (CORNDOG)	1 sandwich	55.79	0.00	0.00	55.79
FAST FOODS,HUSH PUPPIES	1 piece	8.85	0.84	0.64	8.21
FAST FOODS,MINIATURE CINN ROLLS	1 each	13.35	4.50	0.55	12.80
FAST FOODS,NACHOS,W/ CHS,BNS,GROUND BF,& TOMATOES	1 serving	47.49	3.62	8.21	39.27
FAST FOODS,NACHOS,W/CHS	1 serving	27.93	1.74	2.56	25.37
FAST FOODS,ONION RINGS,BREADED&FRIED	1 package (18 onion rings)	50.99	6.35	3.16	47.83
FAST FOODS,OYSTERS,BATTERED OR BREADED,&FRIED	6 pieces	39.88	0.00	0.00	39.88
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU	1 piece	52.92	0.00	0.00	52.92
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BACON	1 piece	55.14	0.00	0.00	55.14
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&BROCCOLI	1 piece	61.02	0.00	0.00	61.02
FAST FOODS,POTATO,BKD&TOPPED W/CHS SAU&CHILI	1 piece	66.04	0.00	0.00	66.04
FAST FOODS,POTATO,BKD&TOPPED W/SOUR CRM&CHIVES	1 piece	58.98	0.00	0.00	58.98
FAST FOODS,POTATO,MASHED	1 cup	35.45	1.21	3.15	32.31
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 patty	15.31	0.30	1.43	13.88
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 round piece	1.59	0.03	0.15	1.44
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 serving 14 round pieces	22.24	0.43	2.08	20.16
FAST FOODS,POTATOES,HASH BROWNS,RND PIECES OR PATTY	1 serving 29 round pieces	46.21	0.90	4.32	41.89
FAST FOODS,QUESADILLA,W/ CHICK	1 each quesadilla	43.27	3.38	3.06	40.21

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FAST FOODS,SALAD,VEG TOSSED,WO/DRSNG,W/TURKEY,HAM&CHS	1 1/2 cup	4.73	0.00	0.00	4.73
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG	3/4 cup	3.35	0.00	0.00	3.35
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG	1 1/2 cup	6.67	0.00	0.00	6.67
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHICK	1 1/2 cup	3.73	0.00	0.00	3.73
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/CHS&EG G	1 1/2 cup	4.75	0.00	0.00	4.75
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/PASTA& SEAFOOD	1 1/2 cup	31.98	0.00	0.00	31.98
FAST FOODS,SALAD,VEG,TOSSED,WO/DRSNG,W/SHRIMP	1 1/2 cup	6.61	0.00	0.00	6.61
FAST FOODS,SCALLOPS,BREADED&FRIED	6 pieces	38.49	0.00	0.00	38.49
FAST FOODS,SHRIMP,BREADED&FRIED	3 pieces shrimp	10.92	0.04	0.27	10.64
FAST FOODS,SUBMARINE SNDWCH,COLD CUT BRD W/ LETTUCE & TOMATO	6 inch sub	40.04	6.23	2.35	37.69
FAST FOODS,SUBMARINE SNDWCH,COLD CUT BRD W/ LETTUCE & TOMATO	12 inch sub	79.88	12.43	4.69	75.19
FAST FOODS,SUBMARINE SNDWCH,RST BF BREAD W/ LETTUCE & TOMATO	6 inch sub	38.65	5.70	1.33	37.32
FAST FOODS,SUBMARINE SNDWCH,RST BF BREAD W/ LETTUCE & TOMATO	12 inch sub	77.50	11.43	2.67	74.83
FAST FOODS,SUBMARINE SNDWCH,TUNA BREAD W/ LETTUCE & TOMATO	6 inch sub	37.80	4.57	1.66	36.14
FAST FOODS,SUBMARINE SNDWCH,TUNA BREAD W/ LETTUCE & TOMATO	12 inch sub	75.60	9.15	3.32	72.29
FAST FOODS,SUNDAE,CARAMEL	1 sundae	49.31	0.00	0.00	49.31
FAST FOODS,SUNDAE,HOT FUDGE	1 sundae	47.67	0.00	0.00	47.67
FAST FOODS,SUNDAE,STRAWBERRY	1 sundae	44.65	0.00	0.00	44.65
FAST FOODS,TACO SALAD	1 1/2 cup	23.58	0.00	0.00	23.58
FAST FOODS,TACO SALAD W/CHILI CON CARNE	1 1/2 cup	26.57	0.00	0.00	26.57
FAST FOODS,TACO W/ BF,CHS & LETTUCE,HARD SHELL	1 each taco	13.70	0.62	2.69	11.01
FAST FOODS,TACO W/ BF,CHS & LETTUCE,SOFT	1 each taco	20.63	1.60	2.96	17.68
FAST FOODS,TACO W/ CHICK,LETTUCE & CHS,SOFT	1 each taco	19.30	1.27	1.18	18.12
FAST FOODS,TOSTADA,W/BF&CHS	1 piece	22.77	0.00	0.00	22.77
FAST FOODS,TOSTADA,W/BNS&CHS	1 piece	26.52	0.00	0.00	26.52
FAST FOODS,TOSTADA,W/BNS,BF,&CHS	1 piece	29.66	0.00	0.00	29.66

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
FAST FOODS,VANILLA,LT,SOFT-SERVE ICE CRM,W/ CONE	1 item	31.63	23.39	0.12	31.51
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	1 serving large	63.82	0.46	5.85	57.97
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	1 serving medium	48.48	0.35	4.45	44.04
FST FOODS, POTATO, FRNCH FRIED IN VEG OIL	1 serving small	29.42	0.21	2.70	26.72
FT FDS, HAMBURGER; SIN, LRG PATTY; W/ CONDMNTS, VEG, MAYO	1 item	42.81	9.88	3.71	39.10
GRILLED CHICK,BACON & TOMO CLB SNDWCH,W/ CHS,LETTUCE,& MAYO	1 sandwich	53.25	12.54	3.22	50.04
KASHI Pizza, Mushroom Trio & Spinach	1/3 pizza	27.80	2.60	4.41	23.39
KASHI PIZZA,FOUR CHS	1/3 pizza	36.11	8.74	6.10	30.02
KASHI PIZZA,GREEK TZATSIKI,SINGLE SERVE	1 Pizza	44.25	4.02	8.79	35.46
KASHI PIZZA,MARGHERITA	1/3 pizza	29.04	3.73	4.29	24.75
KASHI PIZZA,MEDITERRANEAN	1/3 pizza	37.20	3.36	4.92	32.28
KASHI PIZZA,RSTD VEG	1/3 pizza	28.42	3.36	4.29	24.13
KASHI PIZZA,TIKKA MASALA,SINGLE SERVE	1 Pizza	46.91	6.36	9.54	37.37
KFC,BISCUIT	1 biscuit	21.34	1.98	0.98	20.36
KFC,COLESLAW	1 cup	29.89	25.86	3.82	26.07
KFC,COLESLAW	1 package	17.53	15.16	2.24	15.29
KFC,CRISPY CHICK STRIPS	1 strip	6.42	0.00	0.66	5.76
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT & SKN W/ BREADING	1 breast, bone and skin removed	10.25	0.00	0.00	10.25
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT & SKN W/ BREADING	1 breast, with skin	17.96	0.00	0.00	17.96
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT & SKN W/ BREADING	1 breast, without skin	11.86	0.00	0.00	11.86
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT ONLY,SKN & BRDING RMVD	1 breast, bone and skin removed	0.30	0.00	0.00	0.30
KFC,FRIED CHICK,EX CRISPY,BREAST,MEAT ONLY,SKN & BRDING RMVD	1 breast, without skin	0.35	0.00	0.00	0.35
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, bone and skin removed	3.26	0.00	0.00	3.26
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, with skin	6.45	0.00	0.00	6.45
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, without skin	4.54	0.00	0.00	4.54
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT ONLY,SKN & BRDNG RMVD	1 drumstick, bone and skin removed	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,DRUMSTK,MEAT ONLY,SKN & BRDNG RMVD	1 drumstick, without skin	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT & SKN W/ BREADING	1 thigh, bone and skin removed	7.42	0.00	0.00	7.42

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT & SKN W/ BREADING	1 thigh, with skin	15.66	0.00	0.00	15.66
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT & SKN W/ BREADING	1 thigh, without skin	9.37	0.00	0.00	9.37
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT ONLY,SKN & BRDING RMVD	1 thigh, bone and skin removed	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,THIGH,MEAT ONLY,SKN & BRDING RMVD	1 thigh, without skin	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,EX CRISPY,WING,MEAT & SKN W/ BREADING	1 wing, bone and skin removed	3.38	0.00	0.00	3.38
KFC,FRIED CHICK,EX CRISPY,WING,MEAT & SKN W/ BREADING	1 wing, with skin	7.93	0.00	0.00	7.93
KFC,FRIED CHICK,EX CRISPY,WING,MEAT & SKN W/ BREADING	1 wing, without skin	5.13	0.00	0.00	5.13
KFC,FRIED CHICK,EX CRISPY,WING,MEAT ONLY,SKN & BRDING REMOVD	1 wing, bone and skin removed	0.86	0.00	0.00	0.86
KFC,FRIED CHICK,EX CRISPY,WING,MEAT ONLY,SKN & BRDING REMOVD	1 wing, without skin	1.31	0.00	0.00	1.31
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT & SKN W/ BRDING	1 breast, bone and skin removed	7.22	0.00	0.00	7.22
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT & SKN W/ BRDING	1 breast, with skin	13.31	0.00	0.00	13.31
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT & SKN W/ BRDING	1 breast, without skin	9.55	0.00	0.00	9.55
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT NLY,SKN BRDNG RD	1 breast bone and skin removed	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,ORIGINAL RECIPE,BREAST,MEAT NLY,SKN BRDNG RD	1 breast without skin	0.00	0.00	0.00	0.00
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT & SKN W/ BRDING	1 drumstick, bone and skin removed	2.16	0.00	0.00	2.16
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT & SKN W/ BRDING	1 drumstick, with skin	4.04	0.00	0.00	4.04
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT & SKN W/ BRDING	1 drumstick, without skin	3.07	0.00	0.00	3.07
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT ONLY,SKN BRG RD	1 drumstick, bone and skin removed	0.04	0.00	0.00	0.04
KFC,FRIED CHICK,ORIGINAL RECIPE,DRUMSTK,MEAT ONLY,SKN BRG RD	1 drumstick, without skin	0.06	0.00	0.00	0.06
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT & SKN W/ BREADING	1 thigh, bone and skin removed	5.08	0.00	0.00	5.08
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT & SKN W/ BREADING	1 thigh, with skin	11.42	0.00	0.00	11.42

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT & SKN W/ BREADING	1 thigh, without skin	7.28	0.00	0.00	7.28
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT ONLY,SKN BRDNG RD	1 thigh bone and skin removed	0.01	0.00	0.00	0.01
KFC,FRIED CHICK,ORIGINAL RECIPE,THIGH,MEAT ONLY,SKN BRDNG RD	1 thigh without skin	0.01	0.00	0.00	0.01
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT & SKN W/ BREADING	1 wing, bone and skin removed	2.28	0.00	0.00	2.28
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT & SKN W/ BREADING	1 wing, with skin	5.96	0.00	0.00	5.96
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT & SKN W/ BREADING	1 wing, without skin	3.87	0.00	0.00	3.87
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT ONLY,SKN BRDNG RD	1 wing bone and skin removed	0.40	0.00	0.00	0.40
KFC,FRIED CHICK,ORIGINAL RECIPE,WING,MEAT ONLY,SKN BRDNG RD	1 wing wing without skin	0.69	0.00	0.00	0.69
KFC,POPCORN CHICK	1 piece	1.36	0.00	0.06	1.29
KFC,POPCORN CHICK	10 pieces	11.86	0.00	0.56	11.30
LIGHT ICE CRM,SOFT SERVE,BLENDED W/ COOKIE PIECES	12 fl oz cup	86.10	71.41	0.34	85.77
LIGHT ICE CRM,SOFT SERVE,BLENDED W/ MILK CHOC CANDIES	12 fl oz cup	93.33	84.81	0.70	92.64
LITTLE CAESARS 14" CHS PIZZA,LRG DEEP DISH CRUST	1 pie	276.62	33.64	11.95	264.67
LITTLE CAESARS 14" CHS PIZZA,LRG DEEP DISH CRUST	1 slice	30.70	3.73	1.33	29.38
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	1/2 pie	82.72	9.99	5.79	76.93
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	1 pie	128.42	15.51	8.99	119.43
LITTLE CAESARS 14" CHS PIZZA,THIN CRUST	1 slice	10.97	1.32	0.77	10.20
LITTLE CAESARS 14" ORIGINAL RND CHS PIZZA,REG CRUST	1 pie	238.77	30.47	12.89	225.88
LITTLE CAESARS 14" ORIGINAL RND CHS PIZZA,REG CRUST	1 slice	28.04	3.58	1.51	26.52
LITTLE CAESARS 14" ORIGINAL RND MEAT & VEG PIZZA,REG CRUST	1 pie	240.93	39.01	21.90	219.03
LITTLE CAESARS 14" ORIGINAL RND MEAT & VEG PIZZA,REG CRUST	1 slice	26.57	4.30	2.42	24.15
LITTLE CAESARS 14" ORIGINAL RND PEPPERONI PIZZA,REG CRUST	1 pie	264.21	32.04	14.48	249.72
LITTLE CAESARS 14" ORIGINAL RND PEPPERONI PIZZA,REG CRUST	1 slice	27.91	3.38	1.53	26.38
LITTLE CAESARS 14" PEPPERONI PIZZA,LRG DEEP DISH CRUST	1 pie	272.30	31.80	14.07	258.23

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
LITTLE CAESARS 14" PEPPERONI PIZZA,LRG DEEP DISH CRUST	1 slice	30.19	3.53	1.56	28.63
MCDONALD'S BACON RANCH SALAD W/ CRISPY CHICK	1 item 11.3 oz	19.40	4.88	3.19	16.21
MCDONALD'S, CHEESEBURGER	1 item 4 oz	33.09	7.40	1.31	31.78
MCDONALD'S, FLT-O-FSH	1 sandwich	35.36	4.92	1.88	33.49
MCDONALD'S,BACON EGG & CHS BISCUIT	1 item 4.9 oz	31.61	3.10	1.28	30.33
MCDONALD'S,BACON RANCH SALAD W/ GRILLED CHICK	1 item 10.8 oz	11.10	5.28	3.05	8.05
MCDONALD'S,BACON RANCH SALAD WO/ CHICK	1 item 7.8 oz	9.37	4.77	3.35	6.02
MCDONALD'S,BACON,EGG & CHS MCGRIDDLES	1 item 5.8 oz	43.21	15.77	1.32	41.89
MCDONALD'S,BARBEQUE SAU	1 package	10.34	9.61	0.36	9.98
MCDONALD'S,BIG BRKFST	1 item 9.5 oz	47.08	2.50	2.96	44.12
MCDONALD'S,BIG MAC	1 item 7.6 oz	43.98	8.69	3.50	40.47
MCDONALD'S,BIG MAC (WITHOUT BIG MAC SAUCE)	1 item	42.02	7.40	3.40	38.62
MCDONALD'S,BKD APPL PIE	2 5/7 oz	33.59	13.28	1.54	32.05
MCDONALD'S,CHICK MCNUGGETS	4 pieces	9.66	0.05	0.00	9.66
MCDONALD'S,CHICK MCNUGGETS	6 pieces	14.34	0.08	0.00	14.34
MCDONALD'S,CHICK MCNUGGETS	10 pieces	23.99	0.13	0.00	23.99
MCDONALD'S,CREAMY RANCH SAU	1 1/2 oz	1.50	1.48	0.00	1.50
MCDONALD'S,DELUXE BRKFST,W/ SYRUP & MARGARINE	1 item 14.8 oz	123.82	41.50	4.20	119.62
MCDONALD'S,DOUBLE CHEESEBURGER	1 sandwich	29.12	6.56	1.24	27.88
MCDONALD'S,DOUBLE QUARTER POUNDER W/ CHS	1 item	40.40	9.77	2.80	37.60
MCDONALD'S,EGG MCMUFFIN	1 sandwich	27.30	2.68	1.39	25.92
MCDONALD'S,FILET-O-FISH (WITHOUT TARTAR SAUCE)	1 item	38.54	5.29	1.24	37.30
MCDONALD'S,FRENCH FR	1 kids serving	13.20	0.07	1.21	11.99
MCDONALD'S,FRENCH FR	1 large serving	65.57	0.32	6.01	59.57
MCDONALD'S,FRENCH FR	1 medium serving	49.82	0.25	4.56	45.26
MCDONALD'S,FRENCH FR	1 small serving	30.23	0.15	2.77	27.46
MCDONALD'S,FRUIT 'N YOGURT PARFAIT	1 item 5.2 oz	30.87	19.12	1.49	29.38
MCDONALD'S,FRUIT 'N YOGURT PARFAIT (WITHOUT GRANOLA)	1 item	25.09	16.90	1.28	23.81
MCDONALD'S,HAMBURGER	1 sandwich	28.77	5.73	1.24	27.53
MCDONALD'S,HASH BROWN	1 serving 1 patty	15.14	0.29	1.48	13.65
MCDONALD'S,HOT CARAMEL SUNDAE	1 item 6.42 oz	60.72	42.84	0.00	60.72
MCDONALD'S,HOT FUDGE SUNDAE	1 item 6.314 oz	53.79	48.13	0.72	53.07
MCDONALD'S,HOT MUSTARD SAU	1 package	8.14	6.09	1.40	6.74
MCDONALD'S,HOTCAKES & SAUSAGE	1 item	72.10	14.00	3.07	69.02

# USDA Restaurant and Fast Food Carb Data

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MCDONALD'S,HOTCAKES (PLAIN)	3 hotcakes 5.3 oz	57.02	13.17	2.09	54.94
MCDONALD'S,HOTCAKES (WITH 2 PATS MARGARINE & SYRUP)	1 item	101.84	45.48	1.99	99.85
MCDONALD'S,LOFAT CARAMEL SAU	4/5 oz	15.02	9.07	0.00	15.02
MCDONALD'S,MCCHICKEN SNDWCH	1 sandwich	36.64	4.68	1.70	34.94
MCDONALD'S,MCCHICKEN SNDWCH (WITHOUT MAYONNAISE)	1 item	42.71	5.74	1.93	40.78
MCDONALD'S,MCFLURRY W/ M&M'S CANDIES	12 fl oz cup regular	93.33	84.81	0.70	92.64
MCDONALD'S,MCFLURRY W/ M&M'S CANDIES	16 fl oz cup large	135.17	122.82	1.01	134.16
MCDONALD'S,MCFLURRY W/ OREO COOKIES	12 fl oz cup regular	86.10	71.41	0.34	85.77
MCDONALD'S,MCFLURRY W/ OREO COOKIES	16 fl oz cup large	124.43	103.20	0.49	123.94
MCDONALD'S,NEWMAN'S OWN COBB DRSNG	2 fl oz	9.60	4.83	0.19	9.42
MCDONALD'S,NEWMAN'S OWN CREAMY CAESAR DRSNG	2 fl oz	4.04	1.77	0.06	3.98
MCDONALD'S,NEWMAN'S OWN LOFAT BALSAMIC VINAIGRETTE	2 fl oz	11.59	3.17	0.19	11.40
MCDONALD'S,NEWMAN'S OWN RANCH DRSNG	2 fl oz	9.38	3.68	0.17	9.21
MCDONALD'S,PNUTS (FOR SUNDAES)	2/7 oz	1.14	0.29	0.00	1.14
MCDONALD'S,PREMIUM CRISPY CHICK CLASSIC SNDWCH	1 item	58.56	12.35	3.22	55.34
MCDONALD'S,PREMIUM CRISPY CHICK CLUB SNDWCH	1 item 9 oz	57.43	12.67	3.05	54.38
MCDONALD'S,PREMIUM CRISPY CHICK RANCH BLT SNDWCH	1 item 8.5 oz	59.83	13.27	3.36	56.47
MCDONALD'S,PREMIUM GRILLED CHICK CLASSIC SNDWCH	1 item 7 oz	44.56	10.02	2.80	41.76
MCDONALD'S,PREMIUM GRILLED CHICK CLUB SNDWCH	1 item 7.9 oz	44.31	6.44	2.68	41.63
MCDONALD'S,PREMIUM GRILLED CHICK RANCH BLT SNDWCH	1 item 7.1 oz	44.26	10.50	2.83	41.43
MCDONALD'S,QUARTER POUNDER	1 item	37.91	8.77	2.74	35.17
MCDONALD'S,QUARTER POUNDER W/ CHS	1 item 7.1 oz	39.70	9.77	2.79	36.91
MCDONALD'S,SAUSAGE BISCUIT	1 item 4.1 oz	31.82	2.30	1.40	30.42
MCDONALD'S,SAUSAGE BISCUIT W/ EGG	1 item 5.7 oz	31.43	2.33	1.30	30.12
MCDONALD'S,SAUSAGE BURRITO	1 item 3.993 oz	24.17	1.41	1.24	22.93
MCDONALD'S,SAUSAGE MCGRIDDLES	1 item 4.744 oz	42.19	15.16	1.35	40.84
MCDONALD'S,SAUSAGE MCMUFFIN	1 item 4 oz	28.20	2.22	1.61	26.59
MCDONALD'S,SAUSAGE MCMUFFIN W/ EGG	1 item 5.8 oz	28.51	2.59	1.49	27.03
MCDONALD'S,SAUSAGE,EGG & CHS MCGRIDDLES	1 item 7 oz	43.86	15.72	1.19	42.67
MCDONALD'S,SIDE SALAD	1 item 3.1 oz	3.74	1.95	1.39	2.35
MCDONALD'S,SPICY BUFFALO SAU	1 1/2 oz	0.78	0.00	0.65	0.13
MCDONALD'S,STRAWBERRY SUNDAE	1 item 6.279 oz	50.00	45.07	0.00	50.00

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
MCDONALD'S,SWT 'N SOUR SAU	1 package	11.03	10.02	0.00	11.03
MCDONALD'S,TANGY HONEY MUSTARD SAU	1 1/2 oz	12.39	9.41	1.16	11.23
MCDONALD'S,VANILLA RED FAT ICE CRM CONE	1 item 3.175 oz	23.72	17.54	0.09	23.63
MORNINGSTAR FARMS PIZZA,BAJA BLACK BEAN,SINGLE SERVE	1 Pizza	59.04	5.28	8.32	50.72
PAPA JOHN'S 14" CHS PIZZA,ORIGINAL CRUST	1 pie	307.10	49.90	17.82	289.28
PAPA JOHN'S 14" CHS PIZZA,ORIGINAL CRUST	1 slice	38.31	6.22	2.22	36.08
PAPA JOHN'S 14" CHS PIZZA,THIN CRUST	1 pie	178.04	26.10	15.59	162.45
PAPA JOHN'S 14" CHS PIZZA,THIN CRUST	1 slice	22.85	3.35	2.00	20.85
PAPA JOHN'S 14" PEPPERONI PIZZA,ORIGINAL CRUST	1 pie	306.71	49.42	12.25	294.46
PAPA JOHN'S 14" PEPPERONI PIZZA,ORIGINAL CRUST	1 slice	36.95	5.95	1.48	35.47
PAPA JOHN'S 14" THE WORKS PIZZA,ORIGINAL CRUST	1 pie	291.72	52.90	27.33	264.40
PAPA JOHN'S 14" THE WORKS PIZZA,ORIGINAL CRUST	1 slice	40.84	7.41	3.83	37.01
PIZZA HUT 12" CHS PIZZA,HAND-TOSSED CRUST	1 pizza	230.40	24.87	13.28	217.12
PIZZA HUT 12" CHS PIZZA,HAND-TOSSED CRUST	1 slice	29.97	3.24	1.73	28.24
PIZZA HUT 12" CHS PIZZA,PAN CRUST	1 pizza	217.89	23.37	12.38	205.51
PIZZA HUT 12" CHS PIZZA,PAN CRUST	1 slice	29.93	3.21	1.70	28.23
PIZZA HUT 12" CHS PIZZA,THIN 'N CRISPY CRUST	1 pizza	164.11	15.30	9.17	154.94
PIZZA HUT 12" CHS PIZZA,THIN 'N CRISPY CRUST	1 slice	19.76	1.84	1.10	18.66
PIZZA HUT 12" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 pizza	234.73	27.30	12.65	222.08
PIZZA HUT 12" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 slice	30.29	3.52	1.63	28.66
PIZZA HUT 12" PEPPERONI PIZZA,PAN CRUST	1 pizza	237.21	24.90	14.00	223.21
PIZZA HUT 12" PEPPERONI PIZZA,PAN CRUST	1 slice	29.27	3.07	1.73	27.54
PIZZA HUT 12" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1/2 pizza	138.60	20.07	10.82	127.78
PIZZA HUT 12" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 pizza	283.61	41.07	22.14	261.47
PIZZA HUT 12" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 slice	32.54	4.71	2.54	30.00
PIZZA HUT 14" CHS PIZZA,HAND-TOSSED CRUST	1 pizza	281.06	26.32	20.18	260.88
PIZZA HUT 14" CHS PIZZA,HAND-TOSSED CRUST	1 slice	35.09	3.29	2.52	32.57
PIZZA HUT 14" CHS PIZZA,PAN CRUST	1 pizza	294.66	22.16	18.84	275.83
PIZZA HUT 14" CHS PIZZA,PAN CRUST	1 slice	36.79	2.77	2.35	34.44
PIZZA HUT 14" CHS PIZZA,STUFFED CRUST	1 pizza	281.10	27.17	15.93	265.17
PIZZA HUT 14" CHS PIZZA,STUFFED CRUST	1 slice	35.10	3.39	1.99	33.11



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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PIZZA HUT 14" CHS PIZZA,THIN 'N CRISPY CRUST	1 pizza	219.35	20.06	15.38	203.97
PIZZA HUT 14" CHS PIZZA,THIN 'N CRISPY CRUST	1 slice	27.03	2.47	1.90	25.14
PIZZA HUT 14" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 pizza	283.53	24.90	22.96	260.57
PIZZA HUT 14" PEPPERONI PIZZA,HAND-TOSSED CRUST	1 slice	35.32	3.10	2.86	32.46
PIZZA HUT 14" PEPPERONI PIZZA,PAN CRUST	1 pizza	288.97	17.73	18.18	270.79
PIZZA HUT 14" PEPPERONI PIZZA,PAN CRUST	1 slice	35.92	2.20	2.26	33.66
PIZZA HUT 14" PEPPERONI PIZZA,THIN 'N CRISPY CRUST	1 pizza	207.06	17.69	13.31	193.75
PIZZA HUT 14" PEPPERONI PIZZA,THIN 'N CRISPY CRUST	1 slice	26.13	2.23	1.68	24.45
PIZZA HUT 14" SAUSAGE PIZZA,HAND-TOSSED CRUST	1 pizza	279.79	25.89	21.90	257.90
PIZZA HUT 14" SAUSAGE PIZZA,HAND-TOSSED CRUST	1 slice	34.97	3.24	2.74	32.24
PIZZA HUT 14" SAUSAGE PIZZA,PAN CRUST	1 pizza	296.49	18.25	20.06	276.43
PIZZA HUT 14" SAUSAGE PIZZA,PAN CRUST	1 slice	36.95	2.28	2.50	34.45
PIZZA HUT 14" SAUSAGE PIZZA,THIN 'N CRISPY CRUST	1 pizza	211.52	19.31	17.69	193.83
PIZZA HUT 14" SAUSAGE PIZZA,THIN 'N CRISPY CRUST	1 slice	26.40	2.41	2.21	24.20
PIZZA HUT 14" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 pizza	341.51	39.92	30.20	311.31
PIZZA HUT 14" SUPER SUPREME PIZZA,HAND-TOSSED CRUST	1 slice	31.99	3.74	2.83	29.16
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 15.1 oz pizza	131.17	16.14	9.94	121.23
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 24 oz pizza	210.98	25.95	15.99	194.98
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 8 oz pizza	57.75	7.10	4.38	53.37
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 package 9.8 oz pizza	85.03	10.46	6.45	78.58
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 1 serving per 8 oz box	57.75	7.10	4.38	53.37
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 2 servings per 9.8 oz package	42.37	5.21	3.21	39.16
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 3 servings per 15.1 oz package	43.82	5.39	3.32	40.50

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PIZZA,CHS TOPPING,REG CRUST,FRZ,CKD	1 serving 9 servings per 24 oz package	23.51	2.89	1.78	21.72
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 package 19.7 oz pizza	195.81	30.29	14.88	180.94
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 package 29.25 oz pizza	274.47	42.45	20.85	253.62
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 serving 4 servings per 19.7 oz package	49.04	7.58	3.73	45.31
PIZZA,CHS TOPPING,RISING CRUST,FRZ,CKD	1 serving 6 servings per 29.25 oz package	45.74	7.08	3.48	42.27
PIZZA,CHS TOPPING,THIN CRUST,FRZ,CKD	1 pie	160.13	20.63	16.68	143.45
PIZZA,CHS TOPPING,THIN CRUST,FRZ,CKD	1 slice	19.87	2.56	2.07	17.80
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 package 10.9 oz pizza	89.00	17.17	7.79	81.21
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 package 22.85 oz pizza	161.90	31.23	14.17	147.73
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 package 24.2 oz pizza	179.25	34.58	15.69	163.56
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 serving 2 servings per 10.9 oz package	44.50	8.58	3.89	40.60
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 serving 5 servings per 22.85 oz package	32.43	6.26	2.84	29.59
PIZZA,MEAT & VEG TOPPING,REG CRUST,FRZ,CKD	1 serving 5 servings per 24.2 oz package	35.95	6.94	3.15	32.80
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 package 14.3 oz pizza	119.44	30.13	9.55	109.89
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 package 30.7 oz pizza	256.43	64.69	20.49	235.94
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 package 34.98 oz pizza	293.56	74.05	23.46	270.10
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 serving 3 servings per 14.3 oz package	39.72	10.02	3.17	36.54
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 serving 6 servings per 30.7 oz package	42.88	10.82	3.43	39.46

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
PIZZA,MEAT & VEG TOPPING,RISING CRUST,FRZ,CKD	1 serving 6 servings per 34.98 oz package	48.93	12.34	3.91	45.02
PIZZA,PEPPERONI TOPPING,REG CRUST,FRZ,CKD	1 pizza	122.02	0.00	9.42	112.61
PIZZA,PEPPERONI TOPPING,REG CRUST,FRZ,CKD	1 serving	41.62	0.00	3.21	38.41
POPEYES, CHICK,MILD,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1 breast bone and skin removed	0.00	0.00	0.00	0.00
POPEYES, CHICK,MILD,BREAST,MEAT ONLY,SKN & BRDING REMOVED	1 breast without skin	0.00	0.00	0.00	0.00
POPEYES,BISCUIT	1 biscuit	24.57	2.08	2.28	22.29
POPEYES,COLESLAW	1 cup	26.83	20.58	3.23	23.60
POPEYES,COLESLAW	1 package	16.94	13.00	2.04	14.90
POPEYES,FRIED CHCK,MILD,THIGH,MEAT ONLY,SKN & BRDING REMOVED	1 thigh bone and skin removed	0.46	0.00	0.00	0.46
POPEYES,FRIED CHCK,MILD,THIGH,MEAT ONLY,SKN & BRDING REMOVED	1 thigh thigh without skin	0.71	0.00	0.00	0.71
POPEYES,FRIED CHICK,MILD,BREAST,MEAT & SKN W/ BREADING	1 breast, bone and skin removed	9.73	0.00	0.40	9.34
POPEYES,FRIED CHICK,MILD,BREAST,MEAT & SKN W/ BREADING	1 breast, with skin	19.07	0.00	0.78	18.29
POPEYES,FRIED CHICK,MILD,BREAST,MEAT & SKN W/ BREADING	1 breast, without skin	12.98	0.00	0.53	12.45
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, bone and skin removed	4.33	0.00	0.00	4.33
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, with skin	7.48	0.00	0.00	7.48
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT & SKN W/ BREADING	1 drumstick, without skin	5.81	0.00	0.00	5.81
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT ONLY,SKN & BREADING RE	1 drumstick, bone and skin removed	0.02	0.00	0.00	0.02
POPEYES,FRIED CHICK,MILD,DRUMSTK,MEAT ONLY,SKN & BREADING RE	1 drumstick, without skin	0.02	0.00	0.00	0.02
POPEYES,FRIED CHICK,MILD,THIGH,MEAT & SKN W/ BREADING	1 thigh bone and skin removed	6.05	0.00	0.27	5.78
POPEYES,FRIED CHICK,MILD,THIGH,MEAT & SKN W/ BREADING	1 thigh with skin	15.46	0.00	0.69	14.77
POPEYES,FRIED CHICK,MILD,THIGH,MEAT & SKN W/ BREADING	1 thigh without skin	9.30	0.00	0.42	8.88
POPEYES,FRIED CHICK,MILD,WING,MEAT & SKN W/ BREADING	1 wing, bone and skin removed	2.30	0.00	0.10	2.20

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POPEYES,FRIED CHICK,MILD,WING,MEAT & SKN W/ BREADING	1 wing, with skin	7.71	0.00	0.34	7.36
POPEYES,FRIED CHICK,MILD,WING,MEAT & SKN W/ BREADING	1 wing, without skin	4.73	0.00	0.21	4.52
POPEYES,FRIED CHICK,MILD,WING,MEAT ONLY,SKN & BRDING REMOVED	1 wing without skin, bone and breading	0.46	0.00	0.00	0.46
POPEYES,MILD CHICK STRIPS,ANALYZED 2006	1 strip	10.43	0.00	0.43	10.00
POPEYES,SPICY CHICK STRIPS,ANALYZED 2006	1 strip	9.82	0.00	0.64	9.18
SCHOOL LUNCH PIZZA,TONY'S BRKFST PIZZA SAUSAGE- FRZ	1 piece 3.2 oz	24.56	5.34	1.82	22.74
SIDE DISHES,POTATO SALAD	1/3 cup	12.85	0.00	0.00	12.85
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD EDGE CHS PIZZA- FRZ	1 slice 1/10 per pizza	33.60	5.91	3.35	30.26
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD EDGE CHS PIZZA- FRZ	1 slice 1/8 per pizza	42.01	7.39	4.19	37.82
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD TRKY PEPP PZZA- FRZ	1 slice 1/10 per pizza	33.91	4.75	5.08	28.83
SLP,BIG DADDY'S LS 16" 51% WHL GRN RLLD TRKY PEPP PZZA- FRZ	1 slice 1/8 per pizza	42.67	5.97	6.40	36.27
SLP,TONY'S SMARTPIZZA WHL GRAIN 4X6 CHS PIZZA 50/50 CHS- FRZ	1 piece 4" x 6"	38.05	8.79	4.94	33.11
SLP,TONY'S SMARTPIZZA WHL GRN 4X6 PEPP PZZ 50/50 CHEESE- FRZ	1 piece 4"x6"	36.63	9.19	5.21	31.42
SUBWAY,COLD CUT SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	6 inch sub	40.04	6.23	2.35	37.69
SUBWAY,COLD CUT SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	12 inch sub	79.88	12.43	4.69	75.19
SUBWAY,RST BF SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	6 inch sub	38.65	5.70	1.33	37.32
SUBWAY,RST BF SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	12 inch sub	77.50	11.43	2.67	74.83
SUBWAY,TUNA SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	6 inch sub	37.80	4.57	1.66	36.14
SUBWAY,TUNA SUB ON WHITE BREAD,W/ LETTUCE & TOMATO	12 inch sub	75.60	9.15	3.32	72.29
TACO BELL,BEAN BURRITO	1 each burrito	57.78	3.20	7.77	50.01
TACO BELL,BURRITO SUPREME W/ BF	1 burrito	56.32	5.06	8.92	47.40
TACO BELL,BURRITO SUPREME W/ CHICK	1 item	50.86	0.00	5.95	44.91
TACO BELL,BURRITO SUPREME W/ STEAK	1 item	50.39	0.00	5.95	44.44
TACO BELL,NACHOS	1 serving	27.93	1.74	2.56	25.37
TACO BELL,NACHOS SUPREME	1 serving	47.49	3.62	8.21	39.27

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TACO BELL,ORIGINAL TACO W/ BF,CHS & LETTUCE	1 each taco	13.70	0.62	2.69	11.01
TACO BELL,SOFT TACO W/ BF,CHS & LETTUCE	1 each taco	20.63	1.60	2.96	17.68
TACO BELL,SOFT TACO W/ CHICK,CHS & LETTUCE	1 each taco	19.30	1.27	1.18	18.12
TACO BELL,SOFT TACO W/ STEAK	1 item	21.87	0.00	2.03	19.84
TACO BELL,TACO SALAD	1 item	80.48	0.00	15.99	64.49
TOSTADA WITH GUACAMOLE	2 pieces	32.02	0.00	0.00	32.02
WENDY'S,CHICK NUGGETS	5 pieces	9.73	0.05	0.00	9.73
WENDY'S,CHICK NUGGETS	10 pieces	20.32	0.11	0.00	20.32
WENDY'S,CLASSIC DOUBLE,W/ CHS	1 item	36.30	0.00	3.41	32.89
WENDY'S,CLASSIC SINGLE HAMBURGER,NO CHS	1 item	36.67	0.00	2.83	33.83
WENDY'S,CLASSIC SINGLE HAMBURGER,W/ CHS	1 item	33.51	0.00	3.30	30.21
WENDY'S,CRISPY CHICK SNDWCH	1 sandwich	33.21	3.94	0.00	33.21
WENDY'S,DAVE'S HOT 'N JUICY 1/4 LB,SINGLE	1 sandwich	38.12	9.68	2.37	35.75
WENDY'S,DOUBLE STACK,W/ CHS	1 sandwich	22.41	5.65	0.00	22.41
WENDY'S,FRENCH FR	1 kid's meal Serving	28.21	0.28	2.84	25.37
WENDY'S,FRENCH FR	1 large Serving	73.10	0.74	7.36	65.74
WENDY'S,FRENCH FR	1 medium Serving	56.42	0.57	5.68	50.74
WENDY'S,FRENCH FR	1 small Serving	44.89	0.45	4.52	40.37
WENDY'S,FROSTY DAIRY DSSRT	1 junior 6 oz. cup	26.69	0.00	3.73	22.96
WENDY'S,FROSTY DAIRY DSSRT	1 medium 16 oz. cup	70.39	0.00	9.83	60.55
WENDY'S,FROSTY DAIRY DSSRT	1 small 12 oz. cup	53.62	0.00	7.49	46.13
WENDY'S,HOMESTYLE CHICK FILLET SNDWCH	1 item	49.57	0.00	2.99	46.58
WENDY'S,JR. HAMBURGER,W/ CHS	1 item	32.21	0.00	1.81	30.41
WENDY'S,JR. HAMBURGER,WO/ CHS	1 item	33.29	0.00	1.99	31.30
WENDY'S,ULTIMATE CHICK GRILL SNDWCH	1 item	42.48	0.00	2.48	40.01
YOGURT PARFAIT,LOWFAT,W/ FRUIT & GRANOLA	1 item	23.63	17.40	1.64	21.99
APPLEBEE'S,9 OZ HOUSE SIRLOIN STEAK	1 serving	0.00	0.00	0.00	0.00
APPLEBEE'S,CHICK TENDERS PLATTER	1 serving	37.58	0.75	2.09	35.49
APPLEBEE'S,CHICK TENDERS,FROM KIDS' MENU	1 piece	6.43	0.14	0.42	6.01
APPLEBEE'S,CHICK TENDERS,FROM KIDS' MENU	1 serving (3 pieces)	18.18	0.39	1.19	16.99
APPLEBEE'S,CHILI	1 cup	6.22	3.09	1.90	4.31
APPLEBEE'S,CHILI	1 serving	8.32	4.13	2.55	5.77
APPLEBEE'S,COLESLAW	1 serving	10.01	7.09	2.13	7.88
APPLEBEE'S,CRUNCHY ONION RINGS	1 serving	140.60	15.68	10.85	129.75
APPLEBEE'S,DOUBLE CRUNCH SHRIMP	1 serving	53.48	2.20	5.36	48.12
APPLEBEE'S,FISH,HAND BATTERED	1 serving	41.63	1.28	2.25	39.38
APPLEBEE'S,FRENCH FR	1 serving	64.78	0.00	6.40	58.38

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Description	Amount	Carbs	Sugars	Fiber	Net Carbs
APPLEBEE'S,KRAFT,MACARONI & CHS,FROM KID'S MENU	1 cup	26.14	4.59	1.61	24.53
APPLEBEE'S,KRAFT,MACARONI & CHS,FROM KID'S MENU	1 serving	37.94	6.66	2.34	35.60
APPLEBEE'S,MOZZARELLA STKS	1 piece	7.32	0.90	0.67	6.65
APPLEBEE'S,MOZZARELLA STKS	1 serving	66.09	8.09	6.07	60.03
CARRABBA'S ITALIAN GRILL,CHICK PARMESAN WO/CAVATAPPI PASTA	1 serving	26.44	9.80	3.05	23.39
CARRABBA'S ITALIAN GRILL,CHS RAVIOLI W/MARINARA SAU	1 serving varied from 8 to 10 ravioli per serving	64.31	15.15	5.11	59.20
CARRABBA'S ITALIAN GRILL,LASAGNE	1 serving	54.01	12.10	5.68	48.33
CARRABBA'S ITALIAN GRILL,SPAGHETTI W/ MEAT SAU	1 serving	84.36	10.53	8.06	76.31
CARRABBA'S ITALIAN GRILL,SPAGHETTI W/POMODORO SAU	1 serving	91.10	9.14	8.31	82.79
CRACKER BARREL,CHICK TENDERLOIN PLATTER,FRIED	1 serving	35.51	0.16	1.23	34.28
CRACKER BARREL,CHICK TENDERLOIN PLATTER,FRIED,FRM KID'S MENU	1 piece	7.29	0.07	0.36	6.93
CRACKER BARREL,CHICK TENDERLOIN PLATTER,FRIED,FRM KID'S MENU	1 serving	20.85	0.20	1.03	19.82
CRACKER BARREL,COLESLAW	1 serving	21.73	18.49	2.67	19.05
CRACKER BARREL,COUNTRY FRIED SHRIMP PLATTER	1 serving	31.89	0.00	0.45	31.44
CRACKER BARREL,FARM RAISED CATFISH PLATTER	1 piece	6.58	0.00	1.98	4.60
CRACKER BARREL,FARM RAISED CATFISH PLATTER	1 serving	9.45	0.00	2.85	6.60
CRACKER BARREL,GRILLED SIRLOIN STEAK	1 steak	0.00	0.00	0.00	0.00
CRACKER BARREL,MACARONI N' CHS	1 cup	23.26	4.22	1.64	21.62
CRACKER BARREL,MACARONI N' CHS	1 serving	27.32	4.95	1.93	25.39
CRACKER BARREL,MACARONI N' CHS PLATE,FROM KID'S MENU	1 cup	23.21	4.22	1.04	22.17
CRACKER BARREL,MACARONI N' CHS PLATE,FROM KID'S MENU	1 serving	40.04	7.27	1.80	38.24
CRACKER BARREL,ONION RINGS,THICK-CUT	1 serving	106.88	12.58	5.74	101.14
CRACKER BARREL,STEAK FRIES	1 serving	61.12	1.70	6.93	54.19
DENNY'S,CHICK NUGGETS,STAR SHAPED,FROM KID'S MENU	1 piece	2.17	0.00	0.13	2.05
DENNY'S,CHICK NUGGETS,STAR SHAPED,FROM KID'S MENU	1 serving 4 pieces in serving	9.11	0.00	0.54	8.57
DENNY'S,CHICK STRIPS	1 serving	42.74	0.56	2.13	40.60

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DENNY'S,COLESLAW	1 serving	9.90	7.43	1.18	8.72
DENNY'S,FISH FILLET,BATTERED OR BREADED,FRIED	1 serving	34.99	0.80	2.01	32.98
DENNY'S,FRENCH FR	1 serving	58.08	1.40	5.78	52.31
DENNY'S,GOLDEN FRIED SHRIMP	1 piece	3.35	0.12	0.24	3.11
DENNY'S,GOLDEN FRIED SHRIMP	1 serving	20.93	0.75	1.50	19.43
DENNY'S,HASH BROWNS	1 cup	24.99	1.30	2.54	22.46
DENNY'S,HASH BROWNS	1 serving	32.97	1.71	3.35	29.62
DENNY'S,MACARONI & CHS,FROM KID'S MENU	1 cup	28.35	5.63	1.61	26.75
DENNY'S,MACARONI & CHS,FROM KID'S MENU	1 serving	38.09	7.56	2.16	35.93
DENNY'S,MOZZARELLA CHS STKS	1 piece	7.35	0.76	0.43	6.92
DENNY'S,MOZZARELLA CHS STKS	1 serving	62.06	6.45	3.65	58.41
DENNY'S,ONION RINGS	1 serving	68.14	7.90	3.98	64.16
DENNY'S,SPAGHETTI & MEATBALLS	1 cup	20.78	2.72	2.01	18.77
DENNY'S,SPAGHETTI & MEATBALLS	1 serving	87.63	11.47	8.48	79.16
DENNY'S,TOP SIRLOIN STEAK	1 steak	0.15	0.00	0.00	0.15
OLIVE GARDEN,CHICK PARMIGIANA WO/ PASTA	1 serving	37.33	8.15	2.74	34.60
OLIVE GARDEN,CHS RAVIOLI W/ MARINARA SAU	1 serving varied from 7-9 ravioli per serving	89.17	22.02	4.99	84.17
OLIVE GARDEN,LASAGNA CLASSICO	1 serving	43.59	14.90	6.75	36.84
OLIVE GARDEN,SPAGHETTI W/ MEAT SAU	1 serving	90.25	8.77	8.93	81.32
OLIVE GARDEN,SPAGHETTI W/ POMODORO SAU	1 serving	81.93	8.46	8.13	73.80
ON THE BORDER,CHS ENCHILADA	1 enchilada	20.09	3.58	2.23	17.86
ON THE BORDER,CHS ENCHILADA	1 serving serving size varied from 1 to 3 enchiladas	40.50	7.23	4.50	36.00
ON THE BORDER,CHS ENCHILADA	2 enchilada	39.04	6.96	4.34	34.70
ON THE BORDER,CHS ENCHILADA	3 enchilada	55.57	9.91	6.17	49.39
ON THE BORDER,CHS QUESADILLA	1 serving 1 quesadilla	49.23	4.14	4.47	44.76
ON THE BORDER,MEXICAN RICE	1 cup	38.93	1.57	1.25	37.68
ON THE BORDER,REFRIED BNS	1 cup	23.65	1.13	11.07	12.58
ON THE BORDER,SOFT TACO W/ GROUND BF,CHS & LETTUCE	1 serving varied from 2-3 tacos per serving	62.47	5.96	5.83	56.64
REST,LATINO,ARROZ CON ABICHUELAS COLORADOS (RICE&RED BNS)	1 cup	37.27	0.24	4.08	33.19
REST,LATINO,ARROZ CON ABICHUELAS COLORADOS (RICE&RED BNS)	1 serving	140.07	0.89	15.34	124.73
RESTAURANT,CHINESE,BF & VEG	1 order	41.84	13.83	8.61	33.23

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RESTAURANT,CHINESE,CHICK & VEG	1 cup	8.23	4.48	1.38	6.85
RESTAURANT,CHINESE,CHICK & VEG	1 order	37.28	20.30	6.24	31.05
RESTAURANT,CHINESE,CHICK CHOW MEIN	1 order	50.07	10.51	6.04	44.03
RESTAURANT,CHINESE,EGG ROLLS,ASSORTED	1 piece	24.29	0.00	2.31	21.97
RESTAURANT,CHINESE,FRIED RICE,WO/ MEAT	1 cup	44.92	0.77	1.51	43.42
RESTAURANT,CHINESE,GENERAL TSO'S CHICK	1 order	128.35	62.06	4.82	123.53
RESTAURANT,CHINESE,GENERAL TSO'S CHICK	3 pieces	12.71	6.15	0.48	12.24
RESTAURANT,CHINESE,KUNG PAO CHICK	1 order	41.49	18.30	9.06	32.43
RESTAURANT,CHINESE,LEMON CHICK	1 order	128.40	50.96	6.23	122.17
RESTAURANT,CHINESE,LEMON CHICK	3 pieces	15.05	5.97	0.73	14.32
RESTAURANT,CHINESE,ORANGE CHICK	1 order	145.54	88.13	5.18	140.36
RESTAURANT,CHINESE,ORANGE CHICK	3 pieces	14.15	8.57	0.50	13.65
RESTAURANT,CHINESE,SHRIMP & VEG	1 order	27.17	12.98	8.41	18.75
RESTAURANT,CHINESE,SWT & SOUR CHICK	1 order	168.45	80.98	7.06	161.39
RESTAURANT,CHINESE,SWT & SOUR CHICK	3 pieces	13.12	6.31	0.55	12.57
RESTAURANT,CHINESE,SWT & SOUR PORK	1 order	142.14	62.97	6.09	136.05
RESTAURANT,CHINESE,SWT & SOUR PORK	3 pieces	9.80	4.34	0.42	9.38
RESTAURANT,CHINESE,VEG CHOW MEIN,WO/ MEAT OR NOODLES	1 cup	11.19	5.13	2.34	8.85
RESTAURANT,CHINESE,VEG CHOW MEIN,WO/ MEAT OR NOODLES	1 order	44.60	20.44	9.32	35.28
RESTAURANT,CHINESE,VEG LO MEIN,WO/ MEAT	1 cup	27.42	3.58	1.77	25.65
RESTAURANT,CHINESE,VEG LO MEIN,WO/ MEAT	1 order	149.39	19.49	9.63	139.75
RESTAURANT,FAMILY STYLE,CHICK FINGERS,FROM KID'S MENU	1 piece	6.94	0.12	0.41	6.54
RESTAURANT,FAMILY STYLE,CHICK FINGERS,FROM KID'S MENU	1 serving	21.40	0.38	1.25	20.14
RESTAURANT,FAMILY STYLE,CHICK TENDERS	1 serving	38.77	0.48	1.81	36.96
RESTAURANT,FAMILY STYLE,CHILI W/ MEAT & BNS	1 cup	6.22	3.09	1.90	4.31
RESTAURANT,FAMILY STYLE,CHILI W/ MEAT & BNS	1 serving	8.32	4.13	2.55	5.77
RESTAURANT,FAMILY STYLE,COLESLAW	1 serving	13.34	10.30	2.05	11.29
RESTAURANT,FAMILY STYLE,FISH FILLET,BATTERED OR BREAD,FRIED	1 serving	38.17	1.02	2.03	36.14
RESTAURANT,FAMILY STYLE,FRENCH FR	1 serving	63.24	0.48	6.63	56.61
RESTAURANT,FAMILY STYLE,FRIED MOZZARELLA STKS	1 piece	7.79	0.73	0.62	7.17
RESTAURANT,FAMILY STYLE,FRIED MOZZARELLA STKS	1 serving	61.59	5.78	4.90	56.69
RESTAURANT,FAMILY STYLE,HASH BROWNS	1 cup	24.99	1.30	2.54	22.46



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RESTAURANT,FAMILY STYLE,HASH BROWNS	1 serving	32.97	1.71	3.35	29.62
RESTAURANT,FAMILY STYLE,MACARONI & CHS,FROM KIDS' MENU	1 cup	25.57	4.20	1.50	24.07
RESTAURANT,FAMILY STYLE,MACARONI & CHS,FROM KIDS' MENU	1 serving	39.48	6.49	2.31	37.17
RESTAURANT,FAMILY STYLE,ONION RINGS	1 serving	105.46	12.12	6.73	98.73
RESTAURANT,FAMILY STYLE,SHRIMP,BREADED & FRIED	1 serving	37.67	1.54	2.54	35.14
RESTAURANT,FAMILY STYLE,SIRLOIN STEAK	1 serving	0.00	0.91	0.00	0.00
RESTAURANT,FAMILY STYLE,SPAGHETTI & MEATBALLS	1 cup	20.78	2.72	2.01	18.77
RESTAURANT,FAMILY STYLE,SPAGHETTI & MEATBALLS	1 serving	87.63	11.47	8.48	79.16
RESTAURANT,ITALIAN,CHICK PARMESAN WO/ PASTA	1 serving	32.87	8.40	2.71	30.16
RESTAURANT,ITALIAN,CHS RAVIOLI W/ MARINARA SAU	1 serving serving size varied by diameter and count of ravioli	79.00	19.22	5.12	73.87
RESTAURANT,ITALIAN,LASAGNA W/ MEAT	1 serving	51.92	14.40	6.86	45.06
RESTAURANT,ITALIAN,SPAGHETTI W/ MEAT SAU	1 serving	90.86	10.08	8.86	81.99
RESTAURANT,ITALIAN,SPAGHETTI W/ POMODORO SAU (NO MEAT)	1 serving	90.63	9.28	8.67	81.96
RESTAURANT,LATINO,AREPA (UNLEAVENED CORNMEAL BREAD)	1 piece	36.40	0.85	2.55	33.85
RESTAURANT,LATINO,ARROZ CON FRIJOLE NEGROS (RICE&BLACK BNS)	1 cup	35.62	1.26	4.96	30.66
RESTAURANT,LATINO,ARROZ CON FRIJOLE NEGROS (RICE&BLACK BNS)	1 serving	112.48	3.96	15.67	96.81
RESTAURANT,LATINO,ARROZ CON GRANDULES (RICE & PIGEONPEAS)	1 cup	35.36	0.00	1.61	33.75
RESTAURANT,LATINO,ARROZ CON GRANDULES (RICE & PIGEONPEAS)	1 serving	200.80	0.00	9.14	191.66
RESTAURANT,LATINO,ARROZ CON LECHE (RICE PUDDING)	1 cup	63.05	38.61	1.27	61.78
RESTAURANT,LATINO,ARROZ CON LECHE (RICE PUDDING)	1 serving	70.52	43.19	1.42	69.11
RESTAURANT,LATINO,BLACK BEAN SOUP	1 cup	36.38	2.19	12.05	24.33
RESTAURANT,LATINO,BUNUELOS (FRIED YEAST BREAD)	1 piece	34.00	8.57	1.05	32.95
RESTAURANT,LATINO,CHICK & RICE,ENTREE,PREP	1 cup	28.24	0.78	1.69	26.55

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RESTAURANT,LATINO,EMPANADAS,BF,PREP	1 piece	27.76	1.64	1.78	25.98
RESTAURANT,LATINO,PUPUSAS CON FRIJOLES (PUPUSAS,BEAN)	1 piece	39.68	1.64	7.31	32.37
RESTAURANT,LATINO,PUPUSAS CON QUESO (PUPUSAS,CHEESE)	1 piece	26.20	1.40	3.39	22.80
RESTAURANT,LATINO,PUPUSAS DEL CERDO (PUPUSAS,PORK)	1 piece	28.08	1.77	3.17	24.91
RESTAURANT,LATINO,TAMALE,CORN	1 piece	44.29	12.32	5.31	38.98
RESTAURANT,LATINO,TAMALE,PORK	1 piece	22.37	0.65	3.41	18.96
RESTAURANT,LATINO,TRIPE SOUP	1 cup	8.14	0.00	0.00	8.14
RESTAURANT,MEXICAN,CHS ENCHILADA	1 enchilada	21.17	3.56	2.60	18.56
RESTAURANT,MEXICAN,CHS ENCHILADA	1 serving serving size varied from 1 to 3 enchiladas	37.70	6.34	4.64	33.06
RESTAURANT,MEXICAN,CHS ENCHILADA	2 enchilada	39.71	6.68	4.88	34.82
RESTAURANT,MEXICAN,CHS ENCHILADA	3 enchilada	56.39	9.49	6.94	49.46
RESTAURANT,MEXICAN,CHS QUESADILLA	1 quesadilla 8-10 inch diameter	46.77	4.29	3.30	43.48
RESTAURANT,MEXICAN,CHS QUESADILLA	1 serving serving size varied on diameter and count of quesadila	49.43	4.53	3.49	45.94
RESTAURANT,MEXICAN,CHS QUESADILLA	3 quesadilla 5-6 inch diameter	67.27	6.17	4.74	62.52
RESTAURANT,MEXICAN,CHS TAMALES	1 serving serving size varied from 1 to 3 tamales	54.27	3.71	6.64	47.63
RESTAURANT,MEXICAN,CHS TAMALES	1 tamale	32.17	2.20	3.94	28.23
RESTAURANT,MEXICAN,CHS TAMALES	2 tamale	63.07	4.32	7.72	55.35
RESTAURANT,MEXICAN,CHS TAMALES	3 tamale	98.84	6.77	12.10	86.74
RESTAURANT,MEXICAN,REFRIED BNS	1 cup	24.85	1.15	11.84	13.01
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	1 serving varied from 1 to 3 tacos per serving	50.36	6.72	4.22	46.14
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	1 taco	24.01	3.20	2.01	22.00
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	2 taco	50.00	6.67	4.19	45.81
RESTAURANT,MEXICAN,SOFT TACO W/ GROUND BF,CHS & LETTUCE	3 taco	69.71	9.30	5.84	63.87
RESTAURANT,MEXICAN,SPANISH RICE	1 cup	36.15	1.51	1.39	34.75
T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	1 serving	0.83	0.81	0.00	0.83

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T.G.I. FRIDAY'S, fried mozzarella	1 piece	8.87	0.51	0.77	8.10
T.G.I. FRIDAY'S, fried mozzarella	1 serving	53.70	3.07	4.66	49.04
T.G.I. FRIDAY'S,CHICK FINGERS	1 serving	37.89	0.52	1.80	36.09
T.G.I. FRIDAY'S,CHICK FINGERS,FROM KIDS' MENU	1 piece	7.27	0.14	0.37	6.90
T.G.I. FRIDAY'S,CHICK FINGERS,FROM KIDS' MENU	1 serving	24.99	0.48	1.27	23.72
T.G.I. FRIDAY'S,FRENCH FR	1 serving	67.90	0.00	7.54	60.35
T.G.I. FRIDAY'S,FRIDAY'S SHRIMP,BREADED	1 serving	36.52	0.00	0.00	36.52
T.G.I. FRIDAY'S,MACARONI & CHS,FROM KID'S MENU	1 cup	25.06	2.38	1.44	23.62
T.G.I. FRIDAY'S,MACARONI & CHS,FROM KID'S MENU	1 serving	41.06	3.89	2.36	38.70