

CARB COUNTER

Breads, Rolls & Crackers

Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 each	Bagel, 2 ½ oz	38	1.7	36.3	1.1	7.5	195
1 each	Biscuit, 2 oz	27.6	1	26.6	6.9	4.2	191
1 each	Blueberry Muffin, 2 oz	27.4	1.5	25.9	3.7	3.1	158
1 each	Bran Muffin, 2 oz	23.8	4	19.8	7.3	4	164
1 each	Breadsticks, sesame, small	2.2	0.1	2.1	0.5	0.4	15
1 each	Corn Muffin, 2 oz	29	1.9	27.1	4.8	3.4	174
1 piece	Cornbread 2.5x2.5x1.5 piece	22.7	1.9	20.7	4.9	4	152
5 each	Crackers, butter-type	51.4	1.5	49.8	18.3	5.8	393
5 each	Crackers, rye waters	44.2	12.6	31.6	0.5	5.3	184
5 each	Crackers, saltines	10.7	0.5	10.3	1.8	1.4	65
5 each	Crackers, water	10	0.6	9.4	0	1.3	44
1 each	Croissant	27	0	27	17	4	270
1 each	English muffin	26	1.5	24.5	1	4.4	133
1 each	Hard white roll	30	1.3	28.7	2.5	5.6	167
1 piece	Italian bread	15	0.8	14.2	1.1	2.6	81
1 each	Pita pocket bread, 6 ½ diameter	33.4	1.3	32.1	0.7	5.5	165
1 each	Popover	10.4	0.3	10.1	1.5	2.6	67
1 piece	Pumpnickel bread	12.4	1.7	10.7	0.8	2.3	65
1 piece	Raisin bread	13.6	1.1	12.5	1.1	2.1	71
1 piece	Rye bread	15.5	1.9	13.6	1.1	2.7	83
1 each	Soft hoagie roll	32	2	30	4.5	7	200
1 piece	Sourdough bread	13	0.8	12.2	0.8	2.2	69
1 each	Tortilla, corn	12.1	1.4	10.8	0.7	1.5	58
1 each	Tortillas, flour, 8 diameter	25.3	0	25.3	3.1	4.4	146
1 piece	Wheat bread	11.8	1.1	10.7	1	2.3	65
1 piece	White bread	14.9	0.7	14.2	1.1	2.5	80
1 piece	Whole grain bread	11.8	1.1	10.7	1	2.3	65

Beans

Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
0.5 cup	Baby lima beans	21.2	7	14.2	0.3	7.3	115
0.5 cup	Black beans	20.4	7.5	12.9	0.5	7.6	114
0.5 cup	Black eyed peas	17.9	5.6	12.3	0.5	6.6	100
0.5 cup	CA red kidney beans	19.8	8.2	11.6	0.1	8.1	110
0.5 cup	Chickpea/Garbanzo beans	22.5	6.2	16.2	2.1	7.3	134
0.5 cup	Great northern beans	18.7	6.2	12.5	0.4	7.4	104
2 tbs	Hummos/Hummus	6.2	1.6	4.6	2.6	1.5	53
0.5 cup	Lentils	19.9	7.8	12.1	0.4	8.9	115
0.5 cup	Navy beans	23.9	5.8	18.1	0.5	7.9	129
0.5 cup	Pink beans	23.6	4.5	19.1	0.4	7.7	126
0.5 cup	Pinto beans	18	7	11	1	7	110
0.5 cup	Soybeans	9.9	3.8	6.2	5.8	11.1	127

Cereals

Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 cup	Corn flakes	24.2	0.8	23.4	0.2	1.8	102
0.5 cup	Cream of rice cereal, cooked	13.9	0.1	13.8	0.1	1.1	63
0.5 cup	Cream of wheat, cooked	15.8	1.4	14.3	0.2	2.2	77
0.5 cup	Oatmeal, cooked	12.6	2	10.6	1.2	3	73
1 cup	Puffed wheat cereal	11.1	0.6	10.5	0.2	2.1	51
1 cup	Raisin Bran	47.1	8.2	38.9	1.5	5.6	186
1 cup	Rice Krispies	22.8	0.3	22.5	0.3	1.7	100

Cheeses

Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 piece	American cheese, 2/3 oz slice	0.3	0	0.3	6.6	4.7	79
2 tbs	Blue cheese, crumbled	0.4	0	0.4	4.8	3.6	60
2 tbs	Cheddar cheese, shredded	0.2	0	0.2	4.7	3.5	57
2 tbs	Cream cheese	0.8	0	0.8	10.1	2.2	101
0.5 cup	Creamed cottage cheese-small curd	2.8	0	2.8	4.7	13.1	109
2 tbs	Feta cheese, crumbled	0.8	0	0.8	4	2.7	49
2 tbs	Fontina cheese, shredded	0.2	0	0.2	4.2	3.5	53
2 tbs	Goat cheese, soft type	0.3	0	0.3	6.5	5.7	82
1 oz-wt	Mascarpone cheese	0.6	0	0.6	13.2	2	126
2 tbs	Monterey Jack cheese, shredded	0.1	0	0.1	4.3	3.5	53
2 tbs	Mozzarella cheese, whole milk, shredded	0.3	0	0.3	3.1	2.7	40
2 tbs	Muenster cheese, shredded	0.2	0	0.2	4.2	3.3	52
2 tbs	Parmesan cheese, shredded	0.3	0	0.3	2.7	3.8	42
1 oz-wt	Provolone cheese, diced	0.6	0	0.6	7.5	7.3	100
0.25 cup	Ricotta cheese, whole milk	1.9	0	1.9	8	6.9	107
2 tbs	Swiss cheese, shredded	0.5	0	0.5	3.7	3.8	51

Condiments

Portion	Food Item	Total Carbs (g)	Fiber (g)	Net Carbs (g)	Fat (g)	Protein (g)	Calories
1 tbs	Balsamic vinegar	2.3	0	2.3	0	0.1	10
1 tbs	Capers	0.4	0.3	0.1	0.1	0.2	2
1 tsp	Chili powder	1.4	0.9	0.5	0.4	0.3	8
1 tbs	Cider vinegar	0.9	0	0.9	0	0	2
2 tbs	Cranberry sauce	13.5	0.3	13.1	0.1	0.1	52
1 tsp	Cumin	0.8	0.7	0.1	0.5	0.4	9
1 tsp	Dijon mustard	0.6	0.1	0.5	0.5	0.3	6
1 each	Dill pickle	2.7	0.8	1.9	0.1	0.4	12
1 tsp	Fish sauce	0.2	0	0.2	0	0.3	2
1 each	Garlic	1	0.1	0.9	0	0.2	4
1 tbs	Ginger, Root slices	0.9	0.1	0.8	0	0.1	4
1 tsp	Honey	5.8	0	5.8	0	0	21
1 tsp	Horseradish, prepared	0.6	0.2	0.4	0	0.1	2
1 tsp	Jam	4.6	0.1	4.5	0	0	19
1 tsp	Jelly	4.5	0.1	4.4	0	0	18
1 tbs	Ketchup/Catsup	4.2	0.2	4	0.1	0.2	16
1 tbs	Maple syrup	13.4	0	13.4	0	0	52
1 tbs	Miso paste	3	0.4	2.6	0.8	1.9	27
5 each	Olives, black	1.4	0.7	0.7	2.3	0.2	25
5 each	Olives, green	2.5	0	2.5	5	0	50
1 tbs	Pesto sauce	1	0.4	0.6	7.1	2.8	78
1 tbs	Pickle relish	5.4	0.2	5.2	0.1	0.1	20
1 tsp	Preserves	4.6	0.1	4.5	0	0	19
1 tbs	Red Wine vinegar	0	0	0	0	0	0
1 tbs	Rice vinegar, seasoned	3	0	3	0	0	12
1 tbs	Salsa, green	0.6	0.1	0.6	0	0.2	4
1 tbs	Salsa, red	0.8	0.1	0.7	0	0.1	4
1 tbs	Sherry vinegar	0.9	0	0.9	0	0	2
1 tbs	Soy sauce	1	0.1	0.9	0	1.9	11
1 tbs	Soy sauce, low sodium	1.4	0.1	1.2	0	0.8	8
1 tbs	Tahini	3.2	0.7	2.5	8	2.6	89
1 tbs	White Wine vinegar	1.5	0	1.5	0	0	5
1 tsp	Worcestershire sauce	0.9	0	0.9	0	0	4