

# Carbohydrate List

2014/2015

Updated 3/26/15

	Portion Size	Reinhart #	Primer Edge #	Carbs
<b>Milk:</b>				
2% White	8oz			12g
1% White	8oz			12g
1% Flavored	8oz			25g
Skim	8oz			12g
Non fat Chocolate	8oz			24g
<b>Vegetables (1/2 cup):</b>				
Baked Beans (canned w/ brown sugar 2/3cup)	1/2 C		NGR101543	32g
Broccoli, steamed	1/2 C	B3434		2g
Broccoli, Florets raw	1/2 C	G6142		2g
Carrots, steamed	1/2 C	G6242		4g
Cauliflower	1/2 C	G6360		1.5g
Carrot, Baby (6 Each)	1/2 C	M7900		5g
Celery Sticks (6 Sticks)	1/2 C			5g
Cucumber, 1/3 each	1/2 C			2g
Corn, steamed	1/2 C	G6520		15g
Green Beans	1/2 C	D9714		4g
Winter Blend	1/2 C	B3506		2g
Salad (no dressing)	1/2 C			6g
Lettuce & Tomato (on sandwich)	1/2 C			2g
Romaine (1 cup)	1 Cup			1g
Tomato	1/2 C			4g
Mixed Vegetables, Steamed	1/2 C	B3480		9g
Pepper Strips, Raw	1/2 C			4g

Peas, Steamed	1/2 C	B3480		10g
French Fries (Crinkle Cut)	1/2 C equivalent	60104		20g
French Fries (Shoestring)	1/2 C equivalent	66348		14g
Hash brown	1 Patty	93130		15g
Mashed Potatoes (instant)	1/2 C	31396		12g
Tater Tots (8 each)	1/2 C equivalent	60926		19g
Potato Wedges (8 each)	1/2 C equivalent	34384		16g
Sweet Potato Fries	1/2 C equivalent	84048		22g
Refried Beans	1/2 C			19g
Scallop Potatoes	1/2 cup			25g
Vegetable Soup	1 cup			8.5g
Haluski	1/2 cup			20.5g
Honey Glazed Carrots	1/2 cup			11.5g
Tomato Soup	1 cup			20g
<b>Fresh Fruit &amp; Juice:</b>				
Apple	1 medium; 138 ct per case			14g
Orange	1 medium; 138 per case			21g
Banana	1 small/petite			26g
Juice Bar-frozen	2.25 oz.			14g
100% Pineapple Juice	1/2 C	N8138		16g
100% Apple Juice	1/2 C	G8930		16g
100% Grape Juice	1/2 C	C0006		19g
100% Orange Juice	1/2 C	G8924		15g
100% Fruit Punch Juice	1/2 C	N8140		14g
<b>Fruit, canned (1/2 cup):</b>				
Apple, slices	1/2 C	10632		14g
Apple Cobbler	1/2 cup			30g
Apples, gelatin-dipped	1/2 C			32g
Applesauce, unsweetened	1/2 C	10676		16g
Fruit, Mixed, lt. syrup	1/2 C	19036		13g
Fruit Cocktail, lt. syrup	1/2 C	10696		14g

Pears, sliced, lt. syrup	1/2 C	10716		14g
Mandarin Oranges	1/2 C	10868		13g
Peaches, Sliced	1/2 C	10716		14g
Peaches, diced, lt. syrup	1/2 C	BH790		15g
Pineapple Tidbits	1/2 C	10858		19g
Tropical Fruit Salad	1/2 C	11196		24g
Cranberry Sauce	1/2 C			26g
<b>Cereal:</b>				
Cinnamon Toast Crunch	1 Bowl	BA948		22g
Cocoa Puffs, Reduced Sugar	1 Bowl	BC230		25g
Lucky Charm	1 Bowl	AV518		23g
MultiGrain Cheerios	1 Bowl	AV516		23g
Honey Nut Chex	1 Bowl	46564		27g
Apple Cinnamon Cheerios	1 Bowl	BA948		23g
Golden Grahams	1 Bowl	25132		24g
Honey Nut Cheerios	1 Bowl	25272		22g
Rice Chex	1 Bowl	BA946		24g
Cheerios	1 Bowl	BA940		20g
Trix, Reduced Sugar	1 Bowl	BA934		24g
Total Raisin Bran	1 Bowl	57072		25g
Frosted Corn Flakes	1 Bowl	25224		24g
Fruity Cheerios	1 Bowl	BC196		26g
Reeses Puffs	1 Bowl	BC460		21g
Granola	60 Grams			49g
Oatmeal	1/2 Cup			27g
French Toast Orginal	3.5 oz or 1 piece	81034		25g
French Toast Cinnamon Glazed	1 piece	8566		35g
French Toast Sticks WG	3 pieces	C9254		26g
French Toast WG	2 pieces	E8736		41g
French Toast Sticks WG	4 pieces	28404		43g
Pancakes WG	2 pieces	J0968		27g
Waffles WG	2 pieces	W2694		32g

Sausage Patty	1 piece	H7886		1g
Egg Patty	1 each	49198		3g
Danish: Apple	1 each	58414		38g
Danish: Cheese	1 each	58414		36g
Danish: Cherry	1 each	58414		39g
UBR-Cinnamon	1 each	H8164		43g
UBR-Sunbury Blast	1 each	W8732		47g
UBR-Blueberry	1 each	C9214		44g
BENEFIT BARS-Apple Cinnamon	1 each	L0516		48g
BENEFIT BARS-Banana Chocolate Chunk	1 each	L0606		48g
BENEFIT BARS-Oatmeal Chocolate Chunk	1 each	L0778		47g
Cereal Bar Trix Whlgrn	1 each			27g
Cereal Bar Team Cheerios Strby Whlgrn	1 each			27g
Mini Loaf, Apple Cinnamon	1 each	B5756		30g
Mini Loaf, Blueberry	1 each	B5830		29g
Mini Loaf, WW Banana	1 each	B5758		30g
Grab & Go Apple Frudel	1 each	G9224		36g
Grab & Go Cherry Frudel	1 each	G9222		37g
Mini Pancakes Maple	1 package	AV330		40g
Mini Pancakes Strawberry Splash	1 package	AV328		40g
Mini French Toast Cinnamon Rush	1 package	W7668		37g
Mini French Toast Triple Berry Blast	1 package	W7670		37g
Mini Waffle Maple Madness	1 package	AV326		38g
Mini Waffle Blueberry Bash	1 package	BC512		38g
Grab-N-Go Mini Cinnis	1 package	T4804		40g
Muffin Cinnamon Burst	1 each	BL970		28g
Muffin Blueberry Ultra	1 each	BL972		27g
Muffin Banana	1 each	F9306		26g
Muffin Dreamy Orange	1 each	G8890		28g
Muffin Very Berry	1 each	G8896		30g
Tastries Cinnomon	1 each	BD530		37g
Crunch Bars Cherry Apple	1 each	D0516		43g
Crunch Bars Triple Cherry	1 each	AR242		42g
Cocoa Vertical Bars	1 each	BH090		37g

Apple Cutie Pie	1each	F6416		54g
Cherry Cutie Pie	1 each	F6400		54g
Cinnamon Roll WG - Hardley Farms	1 each	W8686		38g
Cinnamon Roll WG - Rich's	1 each	F5616		27g
Ultra Bread Wild Forest Berry	1 each	T1888		43g
Ultra Bread Banana	1 each	N8266		44g
Ultra Bread Zucchini	1 each	N8270		43g
English Muffin WG	1 each	C2910		24g
<b>Hot Entrees</b>				
BBQ Rib on Wheat Steak Roll (Bimbo #2649)	1 sandwich		NGR100789	50g
Beef Stew w/Sliced Bread	1 Cup		NGR100860	29g
Beef Burrito	1 burrito			46g
Buffalo Chicken Sandwich (Breaded)	1 sandwich		NGR100654	43g
Buffalo Chicken Sandwich (Grilled)	1 sandwich		NGR100655	32g
Buffalo Chicken Casserole	2/3 cup			24g
Cheeseburger on Bun	1 sandwich		NGR100797	27g
Cheeseburger Mac & Cheese	2/3 cup		NK29	27g
Cheeseburger Western-Style	1 sandwich		NGR100658	38g
Cheesesteak on a Hotdog Bun	1 sandwich		NGR100802	23g
Chesesteak on Wheat Steak Roll (Bimbo #2649)	1 sandwich		NGR100104	39g
Chicken Broccoli Alfredo	1 Cup		NGR100719	31g
Chicken Broccoli Casserole	2/3 Cup		NGR100720	13g
Chicken Cheesesteak on a Hotdog Bun	1 sandwich		NGR100831	28g
Chciken Cheesesteak on 6"Roll	1 sandwich		NGR100691	44g
Chicken Chili White Bean (3/4 C)	3/4 Cup		NGR100645	21g
Chicken Cordon Bleu on Bun (breaded)	1 sandwich		NGR100557	39g
Chicken Cordon Bleu on Bun (grilled)	1 sandwich		NGR100700	28g
Chicken Enchiladas	2 enchiladas			38g
Chicken Enchilada Dip	3 oz + 13 Chips		NGR100664	26g
Chicken Lo Mein w/ Oriental Vegetable	1 cup			36g
Chicken Gyro	1 sandwich		NGR101694	37g
Chicken Fajita w/ 2-8" WW Tortillas	2-8" Tortillas		NGR100833	42g
Chicken Fajita w/ 10" Honey Wheat Tortilla	10" Tortilla		NGR100928	33g

Chicken Fajita & Cheese Dip	3oz + 13 Chips		NGR100665	26g
Chicken Nuggets - WHOLE GRAIN	5 each	BD330		13g
Chicken Patty, Breaded-No Bun	1 Patty	BC912		13g
Chicken Patty Sandwich - Breaded	1 sandwich	BC912	NGR100653	38g
Chicken Patty Sandwich - Breaded, Whole Muscle	1 sandwich	BC956	NGR101569	42g
Chicken Patty Sandwich -Hot & Spicy	1 sandwich	BC914	NGR101564	38g
Chicken Patty Sandwich - Hot & Spicy Whole Muscle	1 sandwich	BC958	NGR100943	41g
Chicken Patty Sandwich - Grilled	1 sandwich	F7172	NGR100627	27g
Chicken Patty Sandwich - Grilled, Whole Muscle	1 sandwich	H9272	NGR100946	26g
Chicken Bacon Club Sandwich	1 sandwich			32g
Chicken Parmesan	1 Patty	BC912	NGR100834	15g
Chicken Parmesan Sandwich (breaded)	1 sandwich	BC912	NGR100633	40g
Chicken Parmesan Sandwich (grilled)	1 sandwich	F7172	NGR100704	29g
Chicken Quesidillas	2 - 6.25" tortillas		NGR100722	36g
Chicken Rings	5 each			13g
Chicken Sticks ("fries")	5 each	F9358		15g
Chicken Strips, Breaded, WHOLE GRAIN	3 each	BD336		13g
Chicken Stir-Fry over Rice (USDA)	8oz chicken/veg + 1/2 rice		NGR100668	18g
Corn Dog	1 each	B4778		33g
Corn Dog Nuggets	6 each	24876		27g
Fish Sticks	4 each	BK206		22g
Fish Sandwich w/Cheese on a Hamburger Bun	1 sandwich	25432	NGR100730	44g
French Dip Sandwich	1 sandwich			39g
Grilled Cheese (2 slices BRD)-WHOLE GRAIN, HS	1 sandwich		NGR100732	30g
Ham BBQ on Bun	1 sandwich			48g
Ham & Cheese Sandwich Grilled	1 sandwich		NGR100726	28g
Ham & Cheese Melt (on burger bun)	1 sandwich		NGR100046	25g
Ham & Cheese on Pretzel Bun	1 sandwich		NGR100492	46g
Ham, Egg, & Cheese Sandwich	1 sandwich			30g
Ham Potato Au gratin	8oz		NGR100686	24g
Hamburger on Bun, whole grain			NGR100895	27g
Hot Dog on Bun, whole grain			NGR100059	24g
Italian Dunkers	3 strips		NGR100212	48g
Jamaican Pork	6 oz + 1/2 cup rice		NGR100688	28g

Kielbasa	1 each			2g
Macaroni & Cheese - USDA D26	2/3 cup		NGR101516	22g
Meatball Sub on a Hotdog Bun	1 sandwich		NGR10625	32g
Meatball Sub on Wheat Steak Roll	1 sandwich		NGR100607	49g
Monte Cristo	1 sandwich			51g
Orange Kissed Chicken Bowl	1 bowl			41.5g
Nachos, beef	13 chips		NGR101330	28g
Nachos, chicken	13 chips		NGR100666	28g
Pepperoni Melt on WG Kaiser Roll	1 sandwich		NGR100859	31g
Hi Protein Pierogies, Mrs. T's	3 each	L9756		29g
Pierogie Lasagna			NGR100187	24g
Pierogie Roll-up	1 roll		NGR100185	25g
Pepperoni Pinwheel	1 each			50g
Pepperoni Tortilla Roll	2 small rolls			35g
Pepperoni Tortilla Roll	1 large roll			29g
Pizza: Homemade Cheese 12X16 WW Crust Parbaked	1/8 Crust	F5932	NGR100101	26g
Pizza: Homemade Cheese 16" Parbaked	1/8 Crust	A8244	NGR101775	39g
Pizza: Homemade Pepperoni 16" Parbaked	1/8 Crust	A8244	NGR101776	40g
Pizza: Homemade Steak & Cheese 16" Parbaked	1/8 Crust	A8244	NGR101777	37g
Pizza: Homemade Broccoli 16" Parbaked	1/8 Crust	A8244	NGR101778	39g
Pizza: White 16" Parbaked	1/8 Crust	A8244	NGR101779	37g
Pizza: Homemade Bufalo Chicken 16" Parbaked	1/8 Crust	A8244	NGR101780	40g
Pizza Stick	1 stick		NGR100606	16g
Popcorn Chicken	14 pieces	AV766		13g
Cougar Bowl w/Bread	14 pieces		NGR101519	80g
Cougar Bowl w/o Bread	14 pieces		NGR101658	66g
Roasted Turkey w/ Gravy	3 oz			4g
Roasted Pork w/ Gravy	3 oz			4g
Pork BBQ on WW White Hamburger Bun	1 sandwich		NGR101464	46g
Pork Patty, breaded	1 each	37036		18g
Roast Beef	3 oz	P3784		1g
Sausage, Egg & Cheese on Hamburger Bun	1 sandwich		NGR101781	32g
Sliders, Chicken (1 each) w/ Bun	1 sandwich		NGR100180	29g
Salisbury Steak Patty w/Gravy & Roll	1 each		NGR100672	22g

Sloppy Joe on a HB Bun	1 sandwich		NGR100156	35g
Steak Quesadilla	1 each			35g
Spaghetti & Meatsauce w/Sliced Bread	1 cup		NGR100119	49g
Sweet-N-Sour chicken over 1/2 C Rice	14 piece + 1/2 cup rice		NGR100957	53g
Taco Bowl	1 bowl			29.5
Taco, Beef	2-6" Tortilla		NGR100702	46g
Taco, Beef	10" tortilla		NGR100836	46g
Taco, Beef	Jumbo hard shell- 2 each		NGR100592	40g
Taco, Chicken	10" tortillas (1 each)		NGR100706	36g
Taco, Chicken -	Jumbo hard shell- 2 each		NGR100838	30g
Turkey & Gravy on 2 slices of Bread			NGR101706	31g
<b>Wellness Wednesday Recipes</b>				
Tomato Cucumber Salad	1/2 C		NGR100600	3g
Sweet Potato Casserole	1/2 C		NGR100601	41g
Carrot & Raisin Salad	1/2 C		NGR100644	26g
White Bean Chicken Chili	3/4 C		NGR100645	21g
Citrus Beet Salad	1/2 C		NGR100646	11g
Broccoli Salad	1/2 C		NGR100572	6g
Black White & Bean Salad	1/2 C		NGR100648	21g
Crisp Beet Salad	1/2 C		NGR100650	11g
Roasted Chickpeas	1/2 C		NGR100651	21g
Black Bean & Corn Salad	1/2 C		NGR100652	12g
Succotash	1/2 C		NGR100842	17g
Spinach Pasta Salad	3/4 C		NGR100843	15g
Oven Roasted Carrots	1/2 C		NGR100844	6g
Sweet & Sour 2-Bean Salad	1/2 C		NGR100845	12g
Lima Bean & Mushroom Salad	1/2 C		NGR100846	19g
Very Veggie Cous-Cous Salad	1/2 C		NGR100847	7g
Chicpea & Tomato Salad	1/2 C		NGR10848	14g
Sweet Pea & Brown Rice Salad	1/2 C			24g
<b>Wraps (on 10" Tortilla)</b>				
Buffalo Chicken Wrap - grilled	1- 10" Honey Wheat Wrap		NGR101717	34g



Buffalo Chicken Wrap - breaded	1- 10" Honey Wheat Wrap		NGR101789	46g
Chicken Caesar Wrap - (grilled)	1- 10" Honey Wheat Wrap		NGR101718	35g
Chicken Caesar Wrap - (breaded)	1- 10" Honey Wheat Wrap		NGR101790	47g
Italian Wrap -	1- 10" Honey Wheat Wrap		NGR101154	33g
Ham & Cheese Wrap -	1- 10" Honey Wheat Wrap		NGR101713	33g
Turkey & Cheese Wrap -	1- 10" Honey Wheat Wrap		NGR101714	33g
Chicken Wrap, Grilled w/ Ranch	1- 10" Honey Wheat Wrap		NGR100597	36g
<b>Salads: (plain, no dressing)</b>				
Chef Salad w/Dinner Roll & Croutons			NGR101009	41g
Chicken Caesar Salad w/Croutons (grilled)			NGR101792	30g
Chicken Caesar Salad w/Croutons & WG Roll (breaded)			NGR101791	41g
Taco Salad w/ Tortilla Chips	13 Chips		NGR100710	45g
<b>Cold Deli Sandwiches &amp; Subs (no dressing/mayo)</b>				
Bologna & Cheese Sandwich on a Hamburger Bun	1 sandwich		NGR100139	28g
Ham & Cheese Sandwich on WG Bread	1 sandwich		NGR100596	32g
Ham & Cheese Sandwich on WG Hamburger Bun	1 sandwich		NGR101793	31g
Ham & Cheese Hoagie Wheat Steak Roll (L&T)	1 sandwich	Bimbo #2649	NGR101794	45g
Italian Hoagie on Hotdog Bun (L&T)	1 sandwich		NGR100853	26g
Italian Hoagie on Wheat Steak Roll (L&T)	1 sandwich	Bimbo #2649	NGR100852	42
Peanut Butter & Jelly on WG Bread	1 sandwich		NGR100066	57g
Tuna Sandwich on WG Bread	1 sandwich		NGR100599	32g
Turkey & Cheese on Wheat Hamburger Bun	1 sandwich		NGR100854	27g
Turkey & Cheese on Wheat Steak Roll (L&T)	1 sandwich	Bimbo #2649	NGR100855	41g
Turkey & Cheese Sandwich on WG White Bread	1 sandwich		NGR100857	30g
Turkey Club Sandwich on WG White Bread	1 sandwich		NGR100598	29g
Turkey Club on WG Roll	1 sandwich		NGR101795	32g
<b>Condiments:</b>				
BBQ Sauce	2 TBSP	25854		6g
Cream Cheese Cup	.75 oz			1g
Dressing, Ranch Red. Calorie	2 TBSP	J2688		2g
Dressing, Italian Light	2 TBSP	J2820		1g

Gravy - Brown	2 oz	12712		4g
Gravy - Chicken	2 oz	15080		4g
Jelly	1 TBSP	20054		12g
Ketchup	1 TBSP	12110/12080		5g
Mayonnaise (R/F)	1 TBSP	N8224		2g
Mustard	1 tsp	C6036		0g
Syrup	2 oz	10212		39g
Pickles	1 oz	19770/W7240		0g
Relish	1 TBSP	19532		0g
Tartar Sauce	1 Packet	E5510		1g
Salsa	2 TBSP	F6922		2g
<b>Yogurt:</b>				
Yoplait Raspberry Rainbow	4 oz	F4548		20g
Yoplait Triple Cherry	4 oz	34778		20g
Yoplait Strawberry Banana	4 oz	F4550		20g
<b>Bread:</b>				
Bagel WG White	1 Bagel	92386		29g
Bagel Mini	1 Bagel	N8192		15g
Bread Stick	1 each			16g
Buttered Noodles	1/2 cup			28g
Hamburger Bun WG White	1 Bun	Bimbo #9427		25g
Wheat Hot Dog Bun WG White	1 Bun	Bimbo #9426		23g
Wheat Breakaway Dinner Roll	1 Roll	Bimbo #7258		16g
Whole Grain White Bread	1 Slice	Bimbo #3239		14g
WG Sausage Roll	1 Roll	Bimbo #6375		29g
Whole Grain Kaiser Roll	1 Roll	Bimbo #3242		30g
BK 6" Seeded Steak Roll	1 Roll	Bimbo #3990		42g
Cracker	1 Pouch	T0566		7g
Croutons	2 TBSP	G0926		4g
English Muffin	1 each	C2910		24g
Rice, White	1/2 Cup	25770		19g

Rice, WG Brown	1/2 Cup	25368		18g
Tortilla Honey Wheat 10" WG	10" Wrap	F6784		29g
Tortilla Sundried Tomato Basil 10" WG	10" Wrap	L2566		27g
Tortilla Spinach 10"	10" Wrap	H9062		24g
Tortilla Cheesy Jalapeno 10" WG	10" Wrap	F6796		23g
Tortilla Garlic and Herb 10" WG	10" Wrap	F6792		23g
Tortilla Yellow Chipolte 10" WG	10" Wrap	F6800		23g
Tortilla Honey Wheat 12"	12" Wrap	69082		49g
Tortilla Garlic Herb 12"	12" Wrap	69440		48g
Tortilla White 12"	12" Wrap	69560		45g
Tortilla White 8" WW	8" Wrap	M5136		20g
Tortilla White 7"	7" Wrap	67734		28g
Tortilla Whole Wheat 6.25"	6.25" Wrap	70552		15g
Taco Chips	13 chips	R6058		20g

The nutritional information provided may be used as a tool for estimating the approximate amount of specific nutrients in the food items and recipes listed above. The values provided are an estimate based on the most common products and recipes used in Nutrition, Inc. accounts. These amounts may vary depending upon product substitutions, manufacturer formula changes, recipe variations and actual serving sizes provided.

Listed below are 2 valuable websites that can assist you in finding nutritional information for items

<http://www.nal.usda.gov/fnic/foodcomp/search>

<http://www.nfsmi.org>





