

Carbohydrate List
Laramie County School District #1

This list is to be used as a general guide to estimate the carbohydrate content of the following items. To the best of our knowledge, this chart is accurate, but we do not guarantee the amounts listed, as products change when grown in nature and with varying manufactures. Fruits and vegetables are typically served in ½ cup portions at breakfast and lunch, although other portion sizes may be served. The Fresh Fruit and Vegetable program portion sizes vary greatly and are often far less than ½ cup. Items that have the word “estimate” indicates that there was no database with the specific item and a comparable item was used to estimate the carbohydrate content.

Fresh Fruit	Grams of carbohydrates
Apples, 1 whole	25.13
Apples, sliced (1/2 cup = ½ apple)	12.57
Apple, Crimson gold, mini (1.5” dia)	3.0 (estimate)
Apricots, 1 whole	3.89
Bananas, whole, large (9”)	34.72
Banana, whole, small (6”)	23.07
Blueberries, frozen ½ cup	14.53
Cantaloupe, ½ cup diced	6.53
Coconut, ½ cup, fresh cubed	5.0 (estimate by shredded)
Clementine, 1 whole	8.89
Dragon Fruit, ½” x 4” slice	3.0 (estimate)
Grapefruit, half fruit	9.8
Grapes ½ cup	14.82
Honeydew melon, ½ cup diced	7.73
Kiwi, ½ cup	12.55
Kumquats, 1 whole	3.06
Nectarines, 1 medium	14.98
Oranges, (& blood orange) 1 whole	17.77
Peaches, 1 medium	14.31
Pears, 1 whole large	17.10
Persimmon, one 2 ½ inch fruit	31
Pineapple, fresh, ½ cup chunks	10.8
Plums, 1 large	10.36
Raspberries, ½ cup	7.34
Strawberries, frozen ½ cup	6.8
Strawberries, fresh ½ cup	5.84
Sweet Limes, ½ whole fruit	6.0 (estimate)
Tangerines, 1 whole	16.01
Watermelon, ½ cup	11.41

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Canned Fruit (in light syrup or juice) 1/2 cup

Applesauce, unsweetened	14.38
Apples, sliced	18.95
Mandarin Oranges	12.5
Mixed fruit	14.26
Peaches	13.31
Pears	15.26
Pineapple	16

Dried Fruit

Apricot Halves, 1/4 cup	20.36
Cranberries/Craisins, 1/4 cup	33
Raisins, 1 box, 1/4 cup	33.65

Fresh Vegetables

Broccoli, raw, florets, 1/2 cup	2.15
Carrots, baby, raw 1/2 cup	6.67
Carrots, shredded, 1/2 cup	4.48
Cauliflower, raw florets 1/2 cup	3.64
Celery, sticks 1/2 cup	1.92
Cucumber, raw, with peel, 1/2 cup	2.74
Green Pepper, sliced, 1/2 cup	3.01
Jicama, raw 1/2 cup slices	5
Onions, sliced, 1/8 cup	1.69
Red Pepper, sliced, 1/2 cup	3.76
Red Sweet Peppers/Mini peppers, raw, sliced 1/2 cup	3.76 (estimate for mini peppers)
Shredded Lettuce, 1/2 cup	0.86
Snap Peas, raw 1/2 cup	3.5
Tomatoes, cherry, 1/2 cup	3.51
Tomatoes, diced, 1/4 cup	2.77
Tomatoes, sliced, 1/4 cup	2.51
Yams, raw, cubed 1/2 cup	20.9
Zucchini, sticks, 1/2 cup	2.38

Other Vegetables

Baked Beans, 1/2 cup	30.83
Black Beans, 1/2 cup	33.91
Carrots, frozen, steamed 1/2 cup	7.31
Cheesy Broccoli, 1/2 cup	4.36
Corn & Peas, cold, 1/2 cup	14.95
Corn, frozen, steamed, 1/2 cup	16.49
Edamame, cold 1/2 cup	8.51
Garbanzo beans, 1/2 cup	33.59
Hash Brown Patty, 1	14.17

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Hummus, ¼ cup	12
Hummus, red pepper, ¼ cup	10.61
Marinara, ¼ cup	5
Mashed Potatoes, ½ cup	16.24
Mixed Vegetables, ½ cup	10.67
Peas, frozen, steamed, ½ cup	13.14
Potato smiles, 4	20.14
Refried Beans, ½ cup	27.98
Seasoned Green Beans, ½ cup	4.82
White beans, ½ cup	25.77

Other items

Frozen Diced Strawberries cup	19g
Frozen Whole Fruit Juice Cups – all flavors and varieties. 4oz cup	18g
EZ Jammer – WOW!Butter & Grape Jelly Sandwich	28g
Juice, Apple 4 oz	14 g
Juice, Orange 4 oz	13 g

Sources: USDA Nutrient Database <http://ndb.nal.usda.gov/ndb/search/list>
Updated 3.12.2015. Also sourced from manufacturers at time of purchase.

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