

Food Item	Portion size	Carb Count
Baked Beans	1/2 cup	32 grams
Baked Potato, med.	1 each	37.21 grams
Black Eyed Peas	1/2 cup	18 grams
Broccoli, fresh raw	1/2 cup	5.03 grams
Broccoli, steamed	1/2 cup	2.53 grams
Broccoli w/Cheese S.	1/2 cup	7.31 grams
Carrots, fresh, baby	1/2 cup	6.35 grams
Carrots, glazed	1/2 cup	29.52 grams
Carrots, steamed	1/2 cup	7.62 grams
Cole Slaw	1/2 cup	4.17 grams
Collard Greens	1/2 cup	3.06 grams
Corn Niblets	1/2 cup	14 grams
Crinkle Fries, baked	1/2 cup	18.26 grams
Green Beans	1/2 cup	.93 grams
Green Peas	1/2 cup	11.41 grams
Lettuce/Pickle	1/2 cup	1.59 grams
Lettuce/Pickle Spears	1/2 cup	2 grams
Lettuce/Tomato	1/2 cup	1.46 gram
Onion Rings	7 rings	29 grams
Pinto Beans	1/2 cup	20 grams
Potato Wedge Fries	1/2 cup	18 grams
Refried Beans	1/2 cup	21.75 grams
Seasoned Pot. Roaster	1/2 cup	21 grams
Sweet Pot. Casserole	1/2 cup	73.75 grams
Sweet Pot. Dump Cake	1/2 cup	51.66 gram
Sweet Potato Puffs	1/2 cup	23grams
Sweet Potato, baked	1 each	51.19 grams
Sweet Pot.w/Marshm	1/2 cup	53.06 grams
Tator Tots, baked	1/2 cup	18.75 grams
Toss Salad	1 cup	4.1 grams
Vegetable Soup	1 cup	17.04 grams
Whipped Potatoes	1/2 cup	15 grams