

Christmas CARB COUNTS



Main Dish	Serving Size	Carbs (g)
Turkey	4 oz.	0g
Ham	4 oz.	0g
Beef	4 oz.	0g
Lasagna	1 cup	36g
Mac & Cheese	1 cup	38g

Side Dishes	Serving Size	Carbs (g)
Dinner Roll	1 3" roll	20g
Biscuit	1 2.5" biscuit	27g
Candied Yams	1/2 cup	50g
Corn	1/2 cup	13g
Cranberry Sauce	1/2 cup	52g
Creamed Asparagus	1/2 cup	5g
Creamed Corn	1/2 cup	20g
Glazed Carrots	1/2 cup	12g
Gravy	1/2 cup	6g
Green Beans	1/2 cup	4g
Green Bean Casserole	1/2 cup	9g
Mashed Cauliflower	1/2 cup	6g
Mashed Potatoes	1/2 cup	20g
Potato Salad	1/2 cup	18g
Sweet Potato	1/2 cup	14g

Dessert	Serving Size	Carbs (g)
Apple Pie	1/8 of pie	40g
Pecan Pie	1/8 of pie	61g
Gingerbread Cookie	1 cookie	27g
Iced Sugar Cookie	1 cookie	25g
Un-iced Sugar Cookie	1 cookie	16g
Peanut Butter Kiss Cookie	1 cookie	11g
Thumbprint Cookie	1 cookie	12g
Spritz Cookie	1 cookie	8g
Rum Balls	1 ball	7g
Fudge	1 inch piece	14g
Candy Cane	1 cane	14g
Fruit Cake	1 piece (43g)	26g
Fruit Salad	1/2 cup	12g

Drinks	Serving Size	Carbs (g)
Apple Cider	8 oz.	30g
Hot Chocolate with milk	8 oz.	32g
Hot Chocolate with water	8 oz.	16g
Eggnog	8 oz.	36g
Beer	12 oz.	12g
Mulled Wine	5 oz.	18g
Wine	5 oz.	6g