

Hoppy Easter CARB COUNTS



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

Side Dishes	Serving Size	Carbs (g)
Biscuit	1 2.5" biscuit	27g
Dinner Roll	1 roll	20g
Candied Yams	1/2 cup	50g
Corn	1/2 cup	13g
Creamed Corn	1/2 cup	20g
Cranberry Sauce	1/2 cup	52g
Creamed Asparagus	1/2 cup	5g
Deviled Egg	1/2 egg	.6 g
Fruit Salad	1/2 cup	12g
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
Sweet Potato	1/2 cup	14g

Dessert	Serving Size	Carbs (g)
Iced Sugar Cookie	1 cookie	25g
Un-iced Sugar Cookie	1 cookie	16g
Peanut Butter Kiss Cookie	1 cookie	11g
Fudge	1 inch piece	14g

Candy	Serving Size	Carbs (g)
Branch's Chicks & Rabbits	4 pieces	29g
Branch's Jelly Beans	10 pieces	26g
Butterfinger NestEggs	5 eggs	29g
Cadbury Creme Egg	1 egg	24g
Cadbury Mini Eggs	2 pieces	5g
Dove Chocolate Eggs	3 eggs	13g
Dove Milk Chocolate Bunny	1/4 of bunny	19g
Jelly Belly Jelly Beans	10 pieces	10g
Peeps Chick	1 peep	7g
Peeps Bunnies	1 peep	8g
Peeps Chocolate Covered Chick	1 piece	20g
Reese's Reester Bunny	1 bunny	20g
Reese's Eggs (small)	2 eggs	18g
Reese's Cups (minis)	3 cups	15g
Russell Stover Hollow Bunny (3oz.)	1/3 of bunny	17g
Whoppers Robin Eggs	6 pieces	24g
Whoppers Robin Eggs (minis)	10 pieces	15g