

Hanukkah

CARB COUNTS

Children with Diabetes®



Item	Serving Size	Carbs (g)
Potato Latke	1 med.	20g
Cheese	1 oz.	0g
Cheese Blintz	1	12g
Challah Bread	1 oz.	20g
Matzo Ball Soup	1 cup	15g
Matzo Ball	1	6g
Brisket	1 oz.	0g
Noodle Kugel	2 inch square	23g
Apple Sauce - Sweetened	1/2 cup	23g
Apple Sauce - Unsweetened	1/2 cup	13g
Sour Cream	2 tbsp.	2g
Olive Oil	1 tbsp.	0g
Rugelech	1 oz.	17g
Chocolate Gelt	1 piece	4g
Sufganiyot	1	33g
Cheesecake	1 piece	31g
Sweet Kosher Wine	5 oz.	15g