



# Passover CARB COUNTS

Item	Serving Size	Carbs (g)
Karpas (parsley)	1 tbsp.	0g
Charoset	2 tbsp.	8g
Maror (horseradish)	1 tbsp.	3g
Hazeret (bitter herb)	1 tbsp.	0g
Z'roa (lamb shankbone)	1	0g
Beitzah (egg)	1 egg	0g
Matzoh	1 board	25g
Potato Latke	1 medium	20g
Matzoh Ball Soup	1 cup (8oz.)	12g
Potato Kugel	3" square piece	32g
Matzoh Brei	1 board serving	25g
Gefite Fish (sweet)	1 slice	7g

Drinks	Serving Size	Carbs (g)
Dry Wine	5oz.	trace
Sweet Wine	5oz.	6g
Grape Juice	8oz.	38g

Dessert*	Serving Size	Carbs (g)
Brownie	3" square piece	66g
Chocolate Cake	3" square piece	62g
Sponge Cake	1 loaf piece (1/12 loaf)	30g
Rainbow Cookie	1/2" x 1" piece	11g
Apricot Sandwich Cookie	1 cookie	18g
Raspberry Sandwich Cookie	1 cookie	18g
Leaf Cookie	1 cookie	8g
Nut Cookie	1 cookie	13g
Sprinkle Cookie	1 cookie	7g
Chocolate Macaroons	1 macaroon	10g
Nut Macaroons	1 macaroon	9g

\*All carb counts for desserts are Kosher using potato starch.

Other Kosher alternatives are:  
 Matzo Meal (1 cup=100g)  
 Almond flour (1cup=24g)