

# Cookout Carb Counts

Children with Diabetes\*



Main Dish	Serving Size	Carbs (g)
Hamburger	1 3-4 oz. patty	0g
Hamburger Bun	1 bun	24g
Hot Dog	1 hotdog	2g
Brat	1 brat	2g
Hot Dog Bun	1 bun	24g
Chicken Breast	3-4 oz.	0g
Chicken Wings	4 wings	0g
Ribs	4-6 ribs	0g
Steak	4 oz.	0g
Veggie Burger*	1 patty	14g

Toppings & Condiments	Serving Size	Carbs (g)
Ketchup	1 tbsp	5g
Mayonnaise	1 tbsp	0g
Mustard	1 tbsp	0g
Tomato, Onion	1 slice	1g
Lettuce, Dill Pickles	Any	0g
Sweet Pickles	3 slices	6g
Cheese	1 slice	0g
Relish	1 tbsp	4g
Barbecue Sauce	1 tbsp	6g
Ranch	2 tbsp	3g

Side Dishes	Serving Size	Carbs (g)
Veggie Skewers	2 skewers	3g
Macaroni Salad	1/2 cup	26g
Potato Salad	1/2 cup	18g
Broccoli Salad	1 cup	16g
Pasta Salad	1/2 cup	26g
Sweet Corn	1 6-8" cob	21g
Cole Slaw	1/2 cup	8g
Baked Beans (Busch's)	1/2 cup	29g
Mac & Cheese	1 cup	38g
Deviled Eggs	1 egg	0g
Potato Chips (Lay's)	15 chips	15g
Tortilla Chips	10 chips	18g
Salsa	1 tbsp	2g
Hummus	2 tbsp	4g
Fruit Salad	1/2 cup	12g

Dessert	Serving Size	Carbs (g)
Apple Pie	1/8 of pie	40g
Iced Sugar Cookie	1 cookie	25g
Brownie	2x2 inch square	22g
S'more	1 smore	28g
Vanilla Ice Cream	1/2 cup	15g

\*This item's carb count is variable. Please look at the nutritional label, do an Internet search, or list of ingredients for specifics.