

Valentine's Day CARB COUNTS



Candy	Serving Size	Carbs (g)
Air Heads	1 bar	14g
Air Heads Minis	1 bars	10g
Blow Pop	1 lollipop	17g
Brach's Jelly Beans	10 pieces	26g
Caramel Creams	1 piece	9g
Conversation Hearts	12 pieces	15g
Dum Dums	1 lollipop	6g
Jolly Ranchers	1 piece	6g
Large Conversation Hearts	5 pieces	16g
Necco Sweethearts	10 pieces	10g
Smarties Valentine Love Hearts	1 roll	16g
Tootsie Pop	1 lollipop	15g

Desserts	Serving Size	Carbs (g)
Chocolate Covered Strawberry	1 strawberry	6g
Chocolate Lava Cake	1 cake	64g
Fudge	1 inch piece	14g
Betty Crocker Fudge Brownie	1 brownie (9x13 pan = 12 brownies)	38g
Rice Krispie Treat	1 package (22g)	17g
Tiramisu	1/2 cup	28g

Choloate	Serving Size	Carbs (g)
Dove Hearts (Milk or Dark Chocolate)	1 piece	4g
Dove Truffle Hearts (Milk or Dark Chocolate)	1 piece	5g
Ghirardelli Squares	1 square	9g
Godiva Chocolates	1 piece	7g
Hershey's Kisses	4 pieces	11g
Hershey's Hugs	4 pieces	11g
Lindor Truffles	1 piece	5g
Peeps Marshmallow Heart	1 piece	14g
Russel Stovers Assorted Chocolates	1 piece	9g
See's Assorted Chocolate	1 piece	10g
Valentine's Milk Chocolate M&Ms	Fun Size	9g
Whitman's Assorted Chocolate	1 piece	7g

Cookies	Serving Size	Carbs (g)
Iced Sugar Cookie	1 cookie	25g
Un-iced Sugar Cookie	1 cookie	16g
Peanut Butter Kiss Cookie	1 cookie	11g
Spritz Cookie	1 cookie	8g
Thumbprint Cookie	1 cookie	12g