



Friends for Life® Indianapolis 2022

April 1-3, 2022 • Crowne Plaza • Indianapolis, Indiana



# CARB COUNTS

## Saturday Dinner

FOOD	PORTION SIZE	CARBS
Garden Salad	1 cup	5g
Italian Dressing	1 tbsp	1g
Ranch Dressing (Fat Free)	1 packet	9g
Roasted Corn & Edamame Pasta Salad	1/2 cup	28g
GF Roasted Corn & Edamame Pasta Salad	1/2 cup	36g
Braised Pot Roast of Beef Au Jus (GF)	3oz	0g
BBQ Spare Ribs (GF)	2 ribs	6g
Sweet BBQ Sauce	1 tbsp	9g
Rosemary Roasted Chicken (GF)	3oz	0g
Garlic Roasted Yukon Gold Potatoes (GF)	1/2 cup	15g
Green Beans (GF)	1 cup	5g
Biscuits	1 biscuit	10g
Apple Butter (GF and Vegan)	1 tbsp	8g
GF Biscuits	1 biscuit	30g
Assorted Fruit Cobblers	1 scoop	42g
Vanilla Ice Cream	1 scoop	11g
Fresh Berry Gluten Free Parfait with GF glaze	1 parfait	12g
Coffee and Tea	—	0
Milk and Soy Milk	individually labeled	individually labeled
Sugar Free Fruit Punch	12oz	0g
Lemonade	12oz	24g
Iced Tea	12oz	0g