

Fruits & Vegetables Nutrient Info

	Serving Size	Carbohydrate Grams	Serving Size	Carbohydrate Grams	Serving Size	Carbohydrate Grams	Serving Size	Carbohydrate Grams
Apple juice	4 oz	15.00	6 oz	22.00				
Apple juice, Concentrate	4 oz	14.00						
Apple, Gala, Fresh	1/4 cup	4.23	1/2 cup	8.46	3/4 cup	12.69	1 cup(1 apple)	16.93
Apples, Golden, Fresh	1/4 cup	4.20	1/2 cup	8.41	3/4 cup	12.61	1 cup	16.83
Apples, Green, Fresh	1/4 cup	5.54	1/2 cup	11.09	3/4 cup	16.63	1 cup	22.17
Apples, Red , Fresh	1/4 cup	5.54	1/2 cup	11.09	3/4 cup	16.63	1 cup	22.17
Apples, Sliced IW			1 package	7.83				
Apple & Sweet Potato Bake	1/4 cup	15.74	1/2 cup	31.49	3/4 cup	47.23	1 cup	62.97
Applesauce	1/4 cup	7.23	1/2 cup	14.46	3/4 cup	21.69	1 cup	28.92
Baked Beans	1/4 cup	15.17	1/2 c	30.34	3/4 cup	45.51	1 cup	57.34
Banana	1/2 piece of fruit	19.17	1 piece of fruit	38.33				
Blueberries (frozen)	1/4 cup	6.90	1/2 cup	13.80	3/4 cup	20.70	1 cup	27.60
Broccoli, cooked	1/4 cup	1.13	1/2 cup	2.26	3/4 cup	3.39	1 cup	4.52
Broccoli, fresh	1/4 cup	1.05	1/2 cup	2.11	3/4 cup	3.16	1 cup	4.22
California Mixed Vegetables	1/4 cup	2.54	1/2 cup	5.07	3/4 cup	7.61	1 cup	10.15
Cantaloupe	1/4 cup	6.48	1/2 cup	12.96	3/4 cup	19.43	1 cup	25.91
Carrots Sticks, fresh	1/4 cup	2.82	1/2 cup	5.65	3/4 cup	8.47	1 cup	11.30
Carrots, Roasted (fresh)	1/4 cup	5.50	1/2 cup	10.99	3/4 cup	16.49	1 cup	21.98
Carrots, Steamed (frozen)	1/4 cup	3.66	1/2 cup	7.31	3/4 cup	10.97	1 cup	14.62
Cauliflower, Fresh	1/4 cup	1.24	1/2 cup	2.48	3/4 cup	3.72	1 cup	4.96
Cauliflower, Roasted	1/4 cup	1.31	1/2 cup	2.62	3/4 cup	6.93	1 cup	5.24
Celery Sticks	1/4 cup	0.97	1/2 cup	1.94	3/4 cup	2.91	1 cup	3.88
Corn	1/4 cup	9.95	1/2 cup	15.91	3/4 cup	25.85		
Cucumbers, fresh	1/4 cup	1.33	1/2 cup	2.67	3/4 cup	8.00	1 cup	3.63
French Fries	1/4 cup	8.00	1/2 cup	16.00	3/4 cup	24.00	1 cup	32.00
French Fry , Sweet Potato	1/4 cup	11.00	1/2 cup	22.00	3/4 cup	33.00	1 cup	44.00

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Fruit Blend Juice	4 oz	15.00	6 oz	21.34				
Fruit Mix	1/4 cup	7.84	1/2 cup	15.68	3/4 cup	23.52	1 cup	7.84
Grape Juice	4 oz	22.00	6 oz	28.26				
Grape Juice, Concentrate	4 oz	18.00						
Grapefruit	1/4 fruit	5.16	1/2 fruit	10.31				
Grapes, green	1/4 cup	7.47	1/2 cup	14.94	3/4 cup	22.40	1 cup	29.87
Grapes, red	1/4 cup	7.47	1/2 cup	14.94	3/4 cup	22.40	1 cup	29.87
Green Beans	1/4 cup	2.18	1/2 cup	4.35	3/4 cup	6.53	1 cup	8.71
Green Pepper	1/4 cup	2.17	1/2 cup	4.35	3/4 cup	6.52	1 cup	8.70
Honeydew	1/4 cup	8.45	1/2 cup	16.91	3/4 cup	25.36	1 cup	33.81
Kiwi	1/4 cup	6.32	1/2 cup	12.64	3/4 cup	18.95	1 cup	25.27
Mandarin Oranges	1/4 cup	7.66	1/2 cup	15.32	3/4 cup	22.98	1 cup	30.64
Mashed Potatoes	1/4 cup	8.50	1/2 cup	17.00	3/4 cup	25.50	1 cup	34.00
Mixed vegetables, frozen	1/4 cup	8.00	1/2 cup	16.00	3/4 cup	24.00	1 cup	32.00
Nectarine	1/4 fruit	3.40	1/2 fruit	6.81	3/4 cup	10.21	1 fruit	13.61
Orange Juice	4 oz	14.00	6 oz	16.00				
Orange Juice, Concentrate	4 oz	12.00						
Orange Pineapple Juice	4 oz	15.00	6 oz	20.07				
Orange, fresh	1/4 fruit	4.13	1/2 fruit	8.25	1 fruit	16.51		
Peach, Fresh	1/4 fruit	3.54	1/2 fruit	7.08	1 fruit	14.16		
Peaches, diced, canned	1/4 cup	6.95	1/2 cup	13.91	3/4 cup	20.86	1 cup	27.82
Peaches, sliced, canned	1/4 cup	8.63	1/2 cup	17.26	3/4 cup	25.88	1 cup	34.51
Pears, diced, canned	1/4 cup	9.99	1/2 cup	19.98	3/4 cup	29.97	1 cup	39.96
Pears, fresh	1/4 fruit	8.55	1/2 fruit	17.09	1 fruit	34.19		
Pears, halves, canned	1/4 cup	9.03	1/2 cup	18.06	3/4 cup	27.09	1 cup	36.13
Peas, green	1/4 cup	6.42	1/2 cup	12.84	3/4 cup	19.27	1 cup	25.69
Pineapple tidbits	1/4 cup	8.08	1/2 cup	16.16	3/4 cup	24.24	1 cup	32.32
Red Pepper	1/4 cup	2.83	1/2 cup	5.65	3/4 cup	8.48	1 cup	11.30
Refried Beans, Homemade	1/4 cup	6.70	1/2 cup	13.40	3/4 cup	20.10	1 cup	26.80
Roasted Carrots	1/4 cup	5.48	1/2 cup	10.95	3/4 cup	16.43	1 cup	21.90
Roasted Cauliflower	1/4 cup	4.39	1/2 cup	8.78	3/4 cup	13.17	1 cup	17.56

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Roasted Zucchini	1/4 cup	3.93	1/2 cup	7.85	3/4 cup	11.78	1 cup	15.70
Romaine Lettuce	1/4 cup	0.47	1/2 cup	0.93	3/4 cup	1.40	1 cup	1.87
Strawberries (fresh or frozen)	1/4 cup	3.10	1/2 cup	6.25			1 cup	12.50
Watermelon, fresh	1/4 cup	5.08	1/2 cup	10.16	3/4 cup	15.24	1 cup	20.32