



HOLIDAY carb chart



MAIN		
Item	Amount	Carbs
Turkey	Any	0g
Ham	Any	0g
Beef	Any	0g
Chicken	Any	0g
Duck	Any	0g
Goose	Any	0g
Lasagna	1 cup	30g

DESSERTS		
Item	Amount	Carbs
Sweet Potato Pie	1/8th Slice	35g
Minced Meat Pie	1/8th Slice	55g
Pumpkin Pie	1/8th Slice	35g
Apple Pie	1/8th Slice	45g
Pecan Pie	1/8th Slice	60g
Meringue Pie	1/8th Slice	50g
Fruitcake	1/8th Slice	26g
Christmas (Plum) Pudding	2 oz.	30g
Sticky Toffee Pudding	2 oz.	25g
Bread Pudding	2 oz.	20g
Trifle	2 oz.	15g
Ginger Snap Cookies	4 (1 oz.)	23g
Shortbread Cookies	4 (1 oz.)	21g
Chocolate Chip Cookies	2	20g
Peanut Butter Cookies	2	20g
Sugar Cookies	2	22g
Meringue Cookies	6	15g
Rugelach	2	20g
Sufganiyot (Jelly Donut)	1	25g
Candy Cane	1	15g
Vanilla Ice Cream	1/2 cup	16g
Chocolate Ice Cream	1/2 cup	18g
Brandy Butter	2 tbsp.	15g
Whipped Cream (Unsweetened)	2 tbsp.	2g

SIDES		
Item	Amount	Carbs
Mashed Potatoes	1 cup	30g
Roasted Potatoes	1 cup	28g
Sweet Potato (no sugar)	1 Med.	28g
Potato Latke	1 Med.	10g
Candied Yams	1/2 cup	45g
Sweet Potato Casserole with Mini Marshmallows	1/3 cup	30g
Green Beans	1/2 cup	4g
Green Bean Casserole	1/2 cup	9g
Corn	1/2 cup	15g
Sauerkraut	1 cup	6g
Glazed Carrots	1/2 cup	25g
Brussel Sprouts	1/2 cup	4g
Stuffing	1/2 cup	20g
Cranberry Sauce	1/4 cup	25g
Gravy	1/2 cup	5g
Dinner Roll	1	20g
Biscuit	1	25g
Cornbread	1 piece	28g
Challah	2 oz.	30g
Matzo Ball Soup	1 cup	15g
Matzo Ball	1	10g

DRINKS		
Item	Amount	Carbs
Eggnog	1/2 cup	30g
Hot Cocoa with Water	1 cup	15-20g
Hot Cocoa with Milk	1 cup	30g
Spiced Apple Cider (Non-Alcoholic)	1 cup	30g
Wine (White or Red)	5 oz.	4g
Champagne	5 oz.	3g
Regular Beer	5 oz.	12g
Light Beer	12 oz.	6g
Hard Apple Cider	12 oz.	15-30g
Spirits	1 oz.	0g