

ARAMARK Education

Recipe Carbohydrates List Between 0 and 1000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
825008	APPLES, 138ct Whole 1c	138ct	16.52
000441	Asian Succotash	1/2 Cup	13.20
825035	BANANA, Fresh Whole 1/2c	1/2 cup	24.56
000236	BEANS, BBQ 1/2c	1/2 Cup	30.76
000158	BEANS, Green Seasoned Can 1/2c	1/2 Cup	2.52
000114	BLUEBERRIES, Fzn Sweetened1/2c	1/2 cup	16.80
825483	BROCCOLI, Frz Chopped 1/2c	1/2 Cup	5.06
825486	BROCCOLI, w/Cheese 1/2c	2/3 cup	6.05
000416	BURRITO, Big Chicken	Each	41.29
825573	CARROTS, Fresh Baby IW Bag	1.6 ozw bag	3.74
825624	CELERY, Fresh Sticks 1/2c	1/2 Cup	1.51
000327	Cheese Cup, Cheddar 1 oz	1 OZ CUP	0.00
000412	Cheese sauce for Vegetables	1 oz	2.83
000165	Cheeseburger on Bun	Each	24.81
500054	CHICKEN AND NOODLES	CUP	21.31
000440	Chicken Chop Suey	Each	32.97
825802	CHIX Filet, w/Cheese WG 2.5	Each	24.27
825931	CORN, Frozen 1/2c	1/2 Cup	15.80
825977	CUCUMBER, Fresh 1/2c	1/2 Cup	3.12
000453	Edamame, raw	1/4 cup	5.85
000341	Finger Roll	Each	14.00
826171	FRUIT COCKTAIL, w/Lt Syr 1/2c	1/2 Cup	18.18
826189	GRAPES, Fresh 1/2c	1/2 Cup	12.94
000414	Grilled Cheese, Italian	Each	23.00
000379	Hot Dog on Bun, Turkey	Each	24.00
000418	Hummus w/ Pita	1/2 Cup	54.59
826346	JUICE, Orange 100% 4oz Cart	Each	13.00
826355	KIWI, Fresh 36ct 1/2c	1/2c	13.19
000334	Lasagna, Cheese w/ Grated Veg	Each	39.95
000129	MACARONI AND CHEESE	1 cup	29.29
000238	MEATBALL SUB, Italian	Each	45.51
826422	MILK, 1% White 8oz	Each	12.18
000456	Milk, Chocolate Skim	8 oz	24.00
000455	Milk, Strawberry Skim 8 oz	8 oz	23.00
826577	ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	13.56
826581	ORANGES, 138 Whole	138ct	7.33
000445	Pasta w/ Sauce, Tri Color Roti	8 oz	48.66
826696	PEACHES, Diced w/Lt Syr 1/2c	1/2 Cup	16.82
826733	PEAS, Sugar Snap 1/2c	1/2 Cup	2.34
000443	Penne w/ Sauce, Whole Grain	8 oz	46.19
826736	PEPPERS BELL, Green 1/2c	1/2 Cup	2.43
826750	PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	14.77
000394	PIZZA Pita Cheese SS B 2.0	Each	41.88
000174	Pizza, Tonys Fiestada	EACH	35.40
000376	POTATO, Baked 100ct	Each	28.50
000417	POTATO, Garlic Wedges 1/2c	1/2 Cup	25.37
000402	POTATO, Parmesan Wedges 1/2c	1/2 Cup	25.18
000451	POTATOES, CheddarMashed 1/2 Cup	1/2 Cup	18.06
000396	QUESADILLA, Chicken Cheese 8in	EACH	20.00
827167	RAISINS, Single Serve 1.5oz	Box, 1.5oz	33.67
000400	Roll, Whole Grain Nickles	Each	15.95
000415	Sauce, Spaghetti Dipping	3 oz	6.80
000001	sBar: BACON BITS, Imitation	OZ	8.10
000140	sBar: CELERY, Fresh Sticks	OZ	0.84
000155	sBar: CHEESE, Cheddar Shred	2 oz Cup	0.00
000122	sBar: CORN, Baby	Oz	0.87
000003	sBar: CROUTONS, Seasoned	OZ	20.29
000131	sBar: CUCUMBER, Fresh	OZ	0.61
000134	sBar: HAM, 1877	OZ	0.51
000019	sBar: NOODLES, Chinese	1/4oz	4.86
000130	sBar: TOMATO, Diced	OZ	1.11

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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000141	sBar: TURKEY, Breast LS	OZ	0.51
828854	SOUP, Chicken Tortilla SS 1.0	8 ozw	8.84
000011	SOUP, Tomato Condensed 1/2 cup	1/2 Cup	19.00
000328	Sour Cream Cup, 1 oz	oz	1.89
000391	Spinach Cranberry Slaw	2 oz	7.82
000434	SPINACH, Fresh Steamed 1/2c	1/2 cup	3.17
000116	STRAWBERRIES, Fzn, Swtn 1/2c	1/2 CUP	8.73
000393	SWEET POTATO PIE CUP	1/2 C SERVINGS	21.24
000454	Sweet Potato Puffs, 8 each	8 Each	18.87
000378	TACO Beef Soft Shell	1 Each	20.87
827708	TOMATO, Fresh Bulk 1/2c	1/2 Cup	3.13
827735	TURKEY Rst, w/Gravy SC W 2.0	2 ozw	6.38
000382	Turkey Wrap, Whole Wheat	Each	26.95
000388	VEGETABLE BLEND, Calif 1/2c	1/2 cup	4.76
827842	VEGETABLE BLEND, Oriental 1/2c	1/2 Cup	8.94
000335	Walking Taco	Each	33.27
827868	WATERMELON, Fresh 1/2c	1/2 Cup	5.74
000340	Yogurt Smoothies	8 oz	40.40

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