

ARAMARK Education

Recipe Carbohydrates List Between 0 and 1000 Grams

No.	Description	Portion Size	Carbohydrates (Grams)
825008	APPLES, 138ct Whole 1c	138ct	16.52
000235	APPLES, Fresh Sliced 1/2c	1/2 Cup	7.60
827974	APPLESAUCE, Canned 1/2c	1/2 cup	22.27
825024	BAGEL, Assorted 4oz	Each	63.75
825025	BAGEL, Blueberry 4oz	Each	65.00
825026	BAGEL, Cinnamon Raisin 4oz	Each	64.00
825029	BAGEL, WG Sliced 2oz	each	30.00
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
825102	BEANS, Refried AP 1/2c	1/2 cup	24.03
825110	BEEF Burg AP B 2.0	1 Each	27.23
825116	BEEF Burg CHZAMBc AP B 2.5	1 Each	27.74
825125	BEEF Burg Pizza AP B 2.5	1 Each	30.45
000197	BEEF Burger BBQ AP B 2.0	Each	47.23
000081	BEEF Burger Plain QtP SC B 4.0	Each	28.04
000082	BEEF Chs Burger Plain QtP 4.0	Each	29.05
000047	BEEF DblBurger CHZAM AP B 2.5	Each	32.65
000176	BEEF Steak, w/Cheese SC B 1.5	Each	40.35
000114	BLUEBERRIES, Fzn Sweetened1/2c	1/2 cup	16.80
000184	Bowl, Asian Chicken	EACH	56.67
000249	BOWL, Chicken Country B 1.5	Each	69.76
825464	BREADSTICK, Frz Garlic B	Each	23.52
000023	BREADSTICKS, BOSCOS, 2 Each	2 STICKS	52.00
825480	BROCCOLI, Fresh 1/2c	1/2 cup	2.12
825483	BROCCOLI, Frz Chopped 1/2c	1/2 Cup	5.06
825486	BROCCOLI, w/Cheese 1/2c	2/3 cup	6.05
000266	BURRITO Beef LG	Each	56.72
000337	BURRITO Chicken Pop SM B 2.0	Each	36.19
000357	BURRITO Fajita, LG	Each	63.92
000338	BURRITO Vegetarian MD B 2.0	Each	47.78
000061	CALZONE Meat Lovers W 1.5	EACH	75.41
825566	CANTALOUPE, Fresh 1/2c	1/2 Cup	10.48
825573	CARROTS, Fresh Baby IW Bag	1.6 ozw bag	3.74
825584	CAULIFLOWER, Fresh 1/2c	1/2 Cup	2.58
825587	CAULIFLOWER, Frozen 1/2c	1/2 Cup	3.68
825590	CAULIFLOWER, w/Cheese 1/2c	1/2 Cup	10.11
825624	CELERY, Fresh Sticks 1/2c	1/2 Cup	1.51
000327	Cheese Cup, Cheddar 1 oz	1 OZ CUP	0.00
000165	Cheeseburger on Bun	Each	24.81
000009	CHEESY BREAD, 6" Hoagie	EACH	38.03
500054	CHICKEN AND NOODLES	CUP	21.31
001859	CHICKEN PARM PANINI-SSS	1 each	63.18
000186	Chicken Parmesan	EACH	54.38
825761	CHIX Brst BBQ Ched SC B 3.25	Each	47.26
825772	CHIX Brst Plain SC B 2.75	Each	37.55
000272	CHIX Brst, BLT SC B 2.75	Each	30.30
825799	CHIX Filet, Plain B 2.0	Each	24.47
825805	CHIX Nugget, Savory (5) B 2.0	5 Each	11.00
825807	CHIX Nugget, Savory (8) B 3.0	8 Each	17.60
825809	CHIX Patty, BBQ Ched B 2.5	Each	45.18
825811	CHIX Patty, BLT B 2.0	Each	36.74
825813	CHIX Patty, Buffalo B 2.0	Each	36.14
825818	CHIX Patty, CordnBlu B 3.25	Each	38.33
825824	CHIX Patty, Parm Melt SS B 2.5	Each	43.63
825827	CHIX Patty, Plain WG 2.0	Each	37.99
825924	CORN DOG, Meat AP B 2.0	Each	25.00
000179	CORN DOG, Mini Chix AP 8 Pcs	5 Pcs	44.00
000010	CORN DOG, Mini Chix AP5 Pcs	5 Pcs	27.50
825927	CORN, Canned 1/2c	1/2 Cup	15.42
000159	CORN, Canned Sweetened 1/2c	1/2 Cup	15.55

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825931	CORN, Frozen 1/2c	1/2 Cup	15.80
825933	CORN, Mexicali 1/2c	1/2 Cup	17.16
825937	CORN, Mexicali Roasted 1/2c	1/2 Cup	16.29
000094	COUNTRY FRIED STEAK, Sandwich	EACH	41.44
825968	CRACKER, Saltines 2pk	Package	0.78
825977	CUCUMBER, Fresh 1/2c	1/2 Cup	3.12
825980	CUCUMBER, w/Tomato Salad 1/2c	1/2 Cup	4.98
000341	Finger Roll	Each	14.00
826109	FISH, Fillet Plain SS B 1.5	Each	41.40
826120	FISH, Nugget (4) AP B 2.0	4 Each	21.33
826137	FRANK Turkey, 8-1 WH 2.0	Each	25.47
000484	FRENCH FRIES: deep fry	1 OZ	6.58
000346	French Fry, 1 lb food Tray	each	40.50
826140	FRENCH TOAST STICK, AP B 4ea	4 Sticks	45.00
000175	FRENCH TOAST STICKS, AP B 5ea	5 Sticks	58.47
000106	FRISCO MELT	EACH	42.36
826171	FRUIT COCKTAIL, w/Lt Syr 1/2c	1/2 Cup	18.18
826180	FRUIT MIX, w/Lt Syr 1/2c	1/2 cup	17.80
000457	GELATIN, Flavored w/ apple jui	1/2 cup	31.11
826187	GRAPEFRUIT, 32ct 1c	32ct	12.00
826189	GRAPES, Fresh 1/2c	1/2 Cup	12.94
000099	GYRO	EACH	44.89
000348	Ham & Swiss, Lg	Each	47.52
826326	HONEYDEW, Melon Fresh 1/2c	1/2 Cup	7.72
000418	Hummus w/ Pita	1/2 Cup	54.59
826336	ITAL DUNKERS AP Pizza W 2.0	2 Pieces	33.80
000103	ITALIAN SAUSAGE SANDWICH	EACH	44.29
000200	JOHNNY MARZETTI	3/4 CUP	24.49*
826338	JUICE, Apple 100% 4oz Cup	Each	14.00
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
826358	LETTUCE, Iceberg shrd 1/2c	1/2 cup	1.26
826359	LETTUCE, Iceberg shrd 1/4c	1/4 cup	0.53
826374	LETTUCE, Salad Romaine 1c	1 Cup	1.11
826379	LETTUCE, Toss-Up SC 1c	1 Cup	3.45
000129	MACARONI AND CHEESE	1 cup	29.29
000238	MEATBALL SUB, Italian	Each	45.51
000354	MEATBALL SUB, Italian HS	Each	12.01
826400	MELT, Chz AM B 2.0	Each	27.33
000181	MELT, Giant Ham & Swiss W 3.0	Each	47.52
000177	MELT, Ham & AM W 2.0, Bagel	Each	36.03
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
000363	Mozzarella Sticks	4 Sticks	18.00
000351	Muffin Base - Blueberry	Each	38.84
000125	Onion Rings, 1 cup	3.2 ozw	31.39
826577	ORANGE, Mandarin w/Juice 1/2c	1/2 Cup	13.56
826581	ORANGES, 138 Whole	138ct	7.33
826582	ORANGES, Slices 113ct 1/2c	1/2 Cup	10.57
500140	OVEN FRIED CHICKEN	SERVINGS	9.66
826617	PANCAKES, AP B 2ea	2 Pancake	26.00
000105	PANINI GRILLE	EACH	22.67
000108	PANINI, Chicken Caesar	EACH	33.22
000107	PANINI, Fresh Country	EACH	39.92
000109	PANINI, Grilled Vegetable	EACH	34.80
000113	PASTA, Rotini	1/2 Cup	19.29
000095	PATTY MELT	EACH	35.69
826696	PEACHES, Diced w/Lt Syr 1/2c	1/2 Cup	16.82
826707	PEARS, Diced w/Juice 1/2c	1/2 cup	14.08

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826724	PEAS & CARROTS, Frozen 1/2c	1/2 Cup	8.35
826730	PEAS, Green Frozen 1/2c	1/2 Cup	11.89
826736	PEPPERS BELL, Green 1/2c	1/2 Cup	2.43
826744	PICKLES, Dill Slice 2 Each	2 each	0.36
826746	PICKLES, Spear Each	each	0.91
826750	PINEAPPLE, Chunks w/Juice 1/2c	1/2 cup	14.77
000343	Pita Bread	Each	41.00
826772	PIZZA 16" ChixAlfredo B 1.5	1/8 slice	47.81
826776	PIZZA 16" ChixBBQ B 1.5	1/8 slice	53.67
826781	PIZZA 16" ChixBuff B 2.0	1/8 Slice	52.88
826785	PIZZA 16" ChixFajita B 2.0	1/8 slice	48.98
826792	PIZZA 16" Chz B 1.5	1/8 Slice	47.44
826797	PIZZA 16" Chzburger SC B 2.0	1/8 slice	46.61
826805	PIZZA 16" ChzburgrBac SC B 2.0	1/8 slice	46.61
826813	PIZZA 16" Greek SS B 2.0	1/8 Slice	50.20
826820	PIZZA 16" Meat Lovers SS B 1.5	1/8 slice	47.89
826825	PIZZA 16" Meatball B 2.5	1/8 Slice	49.94
826828	PIZZA 16" Pepperoni B 1.5	1/8 Slice	47.73
826833	PIZZA 16" PepperoniSaus B 2.0	1/8 Slice	48.36
826841	PIZZA 16" Sausage B 2.0	1/8 Slice	49.45
826845	PIZZA 16" TacoBeef B 2.0	1/8 Slice	46.79
826852	PIZZA 16" Vegetable B 1.5	Slices	49.59
000185	Pizza Bagels	EACH	38.50
826879	PIZZA FB ChixBBQ B 2.0	1/2 Each	38.46
000174	Pizza, Tonys Fiestada	EACH	35.40
826886	PLUMS, Fresh 1/2c	1/2 Cup	8.00
000196	PORK, Pulled Sandwich	EACH	36.11
826907	POTATO Bkd Broc w/CH B 1.5	Each	44.67
000110	POTATO CHIPS, 1 oz Bulk	Each	15.00
826918	POTATO, Baked 80ct	Each	39.33
000123	POTATO, FF Lg Twister	3 ozw	27.28
000124	POTATO, FF Lg Waffle	3 ozw	47.18
826925	POTATO, HB Patty	1/2 Cup	11.88
826926	POTATO, HB Starz 1/2c	1/2 Cup	14.17
000243	POTATO, Mashed	Cup	32.92
826927	POTATO, Mashed 1/2c	1/2 cup	18.13
826938	POTATO, Sweet Mashed 1/2c	1/2 cup	34.19
826940	POTATO, Tater Tots	1/2 Cup	13.46
826943	POTATO, Wedges 1/2c	1/2 Cup	20.26
000119	POTATO, Wedges 1c	6ozw	36.92
000117	POTATOES, Mashed 1/2 Cup	1/2 Cup	18.00
000244	POTATOES, Mashed 1Cup	1 Cup	36.00
826944	PP Chicken w/Noodles SC B 1.5	Cup	13.30
826956	PP MAC & CHZ 1.5c SC B 1.5	1.5c	49.08
827150	PRETZEL, Soft 2.5oz	Each	38.00
827152	PRETZEL, Soft 5oz	Each	71.87
000178	QUESADILLA, SC Cheese 10in	EACH	32.50
000182	QUESADILLA, SC Chicken 10in	EACH	34.03
827167	RAISINS, Single Serve 1.5oz	Box, 1.5oz	33.67
000330	Redskin Potatoes & Green Beans	1/2 cup	10.43
000239	RIBLET, Pork BBQ	Each	51.83
827207	RICE, Spanish B 1/2c	1/2 Cup	12.85
000005	RICE, WHITE & BROWN BLEND	1/2 CUP	20.17
825448	ROLL, DINNER AP WH	Each	13.04
000090	RUEBEN Grill	EACH	27.62
827463	SALAD SIDE 1/2 cup W	1/2 Cup	1.70
827224	SALAD, Cole Slaw 1/2c	1/2 Cup	5.56
827361	SALSA, AP 1/4c	1/4 Cup	4.01
827365	SALSA, Pico De Gallo 1/4c	1/4 Cups	3.32
000206	Sandwich, Cuban Deluxe	EACH	42.70
000057	SANDWICH, Hot Ital Sub	EACH	39.16

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000080	SANDWICH, Turkey w/Gravy SC W 2	2 ozw	26.04
000016	SAUCE, Marinara 2oz portion	2 OZ	3.98
826968	SAUCE, Tomato AP Veggie AP	3/4 cup	12.26
827367	SDW BD, Cheese AM B 1.5	Each	2.57
000183	Shredded Chicken Sandwich	EACH	36.05
827471	SLOPPY JOE, SC B 2.0	Each	31.47
000011	SOUP, Tomato Condensed 1/2 cup	1/2 Cup	19.00
000328	Sour Cream Cup, 1 oz	oz	1.89
827485	SPINACH, Fresh 1/2c	1/2 cup	1.11
827488	SPINACH, Frozen 1/2c	1/2 Cup	7.82
827502	STRAWBERRIES, Fresh 1/2c	1/2c	5.53
827505	STRAWBERRIES, Frozen 1/2c	1/2 Cup	7.02
000116	STRAWBERRIES, Fzn, Swtn 1/2c	1/2 CUP	8.73
000104	STROMBOLI SUB	EACH	40.52
000336	Sweet Potato Fries	3 oz	24.69
827632	TACO Beef Soft Shell MD SC 2.0	2 Each	30.83
900005	TEXAS GRILLED CHEESE	EACH	43.36
827708	TOMATO, Fresh Bulk 1/2c	1/2 Cup	3.13
500196	TUNA AND NOODLES	CUP	33.15
000342	Turkey Wrap, Whole Wheat	Each	26.95
000364	Uncrustables 2.4 oz PB&J Sand	Each	32.74
000362	Uncrustables 4.8oz PB&J Sand	Each	55.03
827815	VEGETABLE BLEND, Calif 1/2c	1/2 cup	4.20
827827	VEGETABLE BLEND, Fajita 1/2c	1/2 Cup	6.94
827842	VEGETABLE BLEND, Oriental 1/2c	1/2 Cup	8.94
827855	VEGETABLES MIX, Canned 1/2c	1/2 Cup	7.57
827858	VEGETABLES MIX, Frozen 1/2c	1/2 Cup	13.95
000335	Walking Taco	Each	33.27
827868	WATERMELON, Fresh 1/2c	1/2 Cup	5.74
000048	WRAP Chix Bacon Ranch SC B 1.5	Each	54.37
000241	WRAP Chix Buffalo AP B 2.0	Each	34.07
000209	WRAP Chix Ched Ranch AP B 2.0	Each	40.51
000180	WRAP Chix Gen Tso's AP B 2.0	Each	66.07
000212	Wrap, Burger - Bacon, Mush	EACH	33.93
000208	WRAP, Chicken Caesar SC B 2	Each	33.93
825741	WRAP, Chicken Salad B 2.0	Each	42.77
826038	WRAP, ChixPatty Ranch WG 2.25	Each	54.40
826276	WRAP, Ham w/AM B 1.5	Each	34.91
000205	Wrap, Panini	EACH	49.21
000199	WRAP, Turkey Bacon W 2.0	EACH	35.50
827765	WRAP, Turkey w/CH B 1.5	Each	35.60
000340	Yogurt Smoothies	8 oz	40.40

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