

Carbohydrate calculator for Fruits and Vegetables

- **Acorn Squash:** 30 grams carbs for every 1-cup
- **Apple:** 21 grams carbs for every one medium apple
- **Artichoke:** 17 grams carbs for every one large artichoke
- **Asparagus:** 7 grams carbs for every 1-cup, cooked
- **Avocado:** 6 grams carbs for every half
- **Banana:** 28 grams carbs for every one medium banana
- **Beets:** 17 grams carbs for every 1-cup, cooked
- **Blueberries:** 20 grams carbs for every 1-cup
- **Broccoli:** 8 grams carbs for every 1-cup, cooked
- **Brussels sprouts:** 14 grams carbs for every 1-cup, cooked
- **Cabbage (green):** 4 grams carbs for every 1-cup, shredded, raw
- **Cantaloupe:** 13 grams carbs for every 1-cup
- **Cauliflower:** 5 grams carbs for every 1-cup, cooked
- **Celery:** 4 grams carbs for every 1-cup, chopped
- **Cherries:** 25 grams carbs for every 1-cup
- **Chick peas:** 23 grams carbs for every one-half cup, cooked
- **Cucumbers:** 5 grams carbs for every one medium cucumber, peeled
- **Eggplant:** 7 grams carbs for every 1-cup, cooked
- **Grapefruit (pink):** 9 grams carbs for every half
- **Grapes:** 29 grams carbs for every 1-cup
- **Lettuce or salad greens:** 1 to 3 grams carbs for every 2-cups
- **Lima beans:** 35 grams carbs for every 1-cup, cooked
- **Mangoes:** 28 grams carbs for every 1-cup
- **Mushrooms (white button):** 3 grams carbs for every 1-cup
- **Nuts (pistachios, pine nuts, peanuts):** 4 to 6 grams carbs for every 1-ounce
- **Olives:** 3 grams carbs for every 1-ounce, pitted
- **Orange:** 16 grams carbs for every one medium orange
- **Orange juice:** 25 grams carbs for every 1-cup
- **Pepper, red bell:** 10 grams carbs for every 1-cup, chopped
- **Potato (white):** 31 grams carbs for every one medium, baked
- **Spinach:** 2 grams carbs for every 2-cups, raw
- **Strawberries:** 10 grams carbs for every 1-cup
- **Sweet potato:** 28 grams carbs for every one medium, baked
- **Tomatoes:** 8 grams carbs for every 1-cup, raw
- **Tomato juice:** 10 grams carbs for every 1-cup
- **Zucchini:** 5 grams carbs for every 1-cup, cooked

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