

HOPPY EASTER CARB COUNTS



| Main Dish | Serving Size | Carbs (g) |
|--------------|--------------|-----------|
| Beef | 4 oz. | 0g |
| Ham | 4 oz. | 0g |
| Turkey | 4 oz. | 0g |
| Lasagna | 1 cup | 36g |
| Mac & Cheese | 1 cup | 38g |

| Side Dishes | Serving Size | Carbs (g) |
|----------------------|----------------|-----------|
| Biscuit | 1 2.5" biscuit | 27g |
| Dinner Roll | 1 roll | 20g |
| Candied Yams | 1/2 cup | 50g |
| Corn | 1/2 cup | 13g |
| Creamed Corn | 1/2 cup | 20g |
| Cranberry Sauce | 1/2 cup | 52g |
| Creamed Asparagus | 1/2 cup | 5g |
| Fruit Salad | 1/2 cup | 12g |
| Glazed Carrots | 1/2 cup | 12g |
| Gravy | 1/2 cup | 6g |
| Green Beans | 1/2 cup | 4g |
| Green Bean Casserole | 1/2 cup | 9g |
| Mashed Cauliflower | 1/2 cup | 6g |
| Mashed Potatoes | 1/2 cup | 20g |
| Sweet Potato | 1/2 cup | 14g |

| Dessert | Serving Size | Carbs (g) |
|---------------------------|--------------|-----------|
| Iced Sugar Cookie | 1 cookie | 25g |
| Un-iced Sugar Cookie | 1 cookie | 16g |
| Peanut Butter Kiss Cookie | 1 cookie | 11g |
| Fudge | 1 inch piece | 14g |

| Candy | Serving Size | Carbs (g) |
|------------------------------------|--------------|-----------|
| Branch's Chicks & Rabbits | 4 pieces | 29g |
| Branch's Jelly Beans | 10 pieces | 26g |
| Butterfinger NestEggs | 5 eggs | 29g |
| Cadbury Creme Egg | 1 egg | 24g |
| Cadbury Mini Eggs | 2 pieces | 5g |
| Dove Chocolate Eggs | 3 eggs | 13g |
| Dove Milk Chocolate Bunny | 1/4 of bunny | 19g |
| Jelly Belly Jelly Beans | 10 pieces | 10g |
| Peeps Chick | 1 peep | 7g |
| Peeps Bunnies | 1 peep | 8g |
| Peeps Chocolate Covered Chick | 1 piece | 20g |
| Reese's Reester Bunny | 1 bunny | 20g |
| Reese's Eggs (small) | 2 eggs | 18g |
| Reese's Cups (minis) | 3 cups | 15g |
| Russell Stover Hollow Bunny (3oz.) | 1/3 of bunny | 17g |
| Whoppers Robin Eggs | 6 pieces | 24g |
| Whoppers Robin Eggs (minis) | 10 pieces | 15g |