

How Many Grams of Carbs are in...

*Depends on the kind/size of the item. Check nutrition label for exact amounts.



1 cup oatmeal,
cooked: **25 grams**
kcal



1 cup quinoa, cooked:
40 grams



2 slices bread: **30 grams**



1 cup cooked rice: **45 grams**



1 cup beans,
cooked: **40 grams**



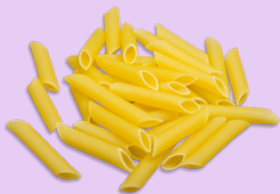
1 cup cooked
lentils: **38 grams**



1 English muffin: **26 grams**



1 medium russet
potato: **37 grams**



1 cup pasta,
cooked: **42 grams**



1 medium banana:
27 grams



1 cup muesli,
cooked: **43 grams**



1/2 cup strawberries:
11 grams



1 medium apple:
25 grams



1 cookie: **19 grams**