

The Best Guide to Carbs in Beige Food

Bread & Bake Goods



Waffle-33
(plus syrup & toppings)



Croissants
43



Bagel
45



White Bread
46



Raisin Bread
48



Cinnamon Roll
49



Doughnut
51



Blueberry
Muffins-53



Pita
54



Banana Bread
54

Rice



Wild
19



Brown
21



White
28

Pasta & Beans



Baked Beans
(in sauce)
16



Whole Wheat
(cooked)
23



Spaghetti
(cooked)
29

Chocolate



Ice Cream
27



Dairy Milk
56



White
59