

**CARBOHYDRATE LIST FOR UNCOMMON FRUITS AND VEGETABLES**

<b>Uncommon Fruits</b>	<b>Serving Size</b>	<b>CHO Grams</b>	<b>Fiber grams</b>	<b>Grams per oz if weighed</b>
Asian Pear	1 2 1/2" x 2 1/2"	13	4	
Currants	1/2 cup	9	2	
Guava	1 medium	11	5	
Kumquat	1 medium	3	3	
Passion Fruit	1 medium	4	2	
Persimmon	1 medium 6 oz	31	6	5 grams per oz
Plantain	1 cup slices	48	4	
Mango	1 medium 7 oz	35	1	
<b>Uncommon Vegetables</b>				
Bamboo shoots	1 cup	8	2	
Beans, dry				
Refried	1/2 cup	23		
Black	1/2 cup	20	7	
Broad	1/2 cup	16	7	
Butter	1/2 cup	18	2	
Blackeyed peas	1/2 cup	17	4	
Cranberry	1/2 cup	22	9	
Edamame (beans only)	1/2 cup	14	6	
Fava	1/2 cup	15	5	
Garbanzo	1/2 cup	23	5	
Great Northern	1/2 cup	19	6	
Kidney	1/2 cup	20	5	
Lentils	1/2 cup	20	7	
Lima, baby	1/2 cup	20	7	
Lima, large	1/2 cup	15	5	
Mung	1/2 cup	20	1	
Navy	1/2 cup	24	5	
Peas, split	1/2 cup	20	8	
Pinto	1/2 cup	22	6	
Red	1/2 cup	19	3	
Shellie	1/2 cup	8	4	
White	1/2 cup	22	5	
Yellow	1/2 cup	23	9	
Burdock root	1/2 cup	13	1	
Chard, swiss	1/2 cup	4	2	
Chayote, broiled	1/2 cup	4	2	
Fennel	1 cup	6	3	
Kohlrabi, boiled	1/2 cup	6	1	
Leeks, raw	1/4 cup	4	0	
Leeks, cooked	1/4 cup	2	1	
Mushrooms, Shitake	4 mushrooms or 1/2 cup	10	2	
Rhubard, unsweet	1 cup	7	3	
Rutabaga, boiled	1/2 cup	7	2	
Parsnips, boiled	1/2 cup	15	3	
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Tomatillos, raw	1 medium	2	1	
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