

AMY'S KITCHEN CARBOHYDRATE GROUPS

ITEM	Serving Size	Servings per Container	Calories	Total Carbohydrate	Dietary Fiber	Sugars	Total Fat	Cholesterol	Sodium	Protein
CARBOHYDRATE CATEGORY 0 - 20 g / serving										
Medium Salsa	2 tbsp	~ 17	10	2g	0g	1g	0g	0mg	190mg	0g
Mild Salsa	2 tbsp	~ 17	10	2g	0g	1g	0g	0mg	190mg	0g
Spicy Chipotle Salsa	2 tbsp	~ 17	10	2g	0g	1g	0g	0mg	160mg	0g
Black Bean & Corn Salsa	2 tbsp	~ 17	15	3g	<1g	1g	0g	0mg	170mg	1g
Fire Roasted Vegetable Salsa	2 tbsp	~ 17	10	3g	0g	1g	0g	0mg	200mg	0g
Low Sodium Marinara Sauce	1/2 cup	~ 6	40	7g	1g	5g	1g	0mg	100mg	1g
Thai Coconut Soup (Tom Kha Phak)	1/2 can	~ 2	220	10g	2g	4g	13g	0mg	580mg	4g
Family Marinara Pasta Sauce	1/2 cup	~ 6	80	10g	3g	5g	4.5g	0mg	590mg	1g
Light in Sodium Tomato Basil Pasta Sauce	1/2 cup	~ 6	90	11g	2g	6g	4.5g	0mg	290mg	2g
Tomato Basil Pasta Sauce	1/2 cup	~ 6	110	11g	3g	6g	6g	0mg	580mg	2g
No Chicken Noodle Soup	1 cup	~ 2	90	12g	2g	4g	3g	0mg	540mg	5g
Bistro Burger	2.5 oz	4	90	13g	2g	1g	2.5g	0mg	340mg	5g
Cream of Mushroom Soup	3/4 cup	~ 2	140	13g	2g	3g	9g	5mg	590mg	3g
Vegetable Barley Soup	1 cup	~ 2	70	13g	3g	5g	1g	0mg	580mg	2g
Chunky Vegetable Soup	1 cup	~ 2	60	13g	3g	5g	0g	0mg	680mg	3g
Roasted Garlic Pasta Sauce	1/2 cup	~ 6	130	13g	3g	5g	8g	0mg	470mg	2g
Texas Veggie Burger	2.5 oz	4	120	14g	3g	2g	2.5g	0mg	350mg	12g
All American Veggie Burger	2.5 oz	4	120	15g	3g	2g	3g	0mg	390mg	10g
Alphabet Soup	1 cup	~ 2	80	16g	2g	4g	0g	0mg	580mg	3g
Cream of Tomato Soup	1 cup	~ 2	110	19g	3g	13g	2.5g	10mg	690mg	3g
Minestrone Soup	1 cup	~ 2	90	17g	3g	5g	1.5g	0mg	580mg	3g
Light in Sodium Cream of Tomato Soup	1 cup	~ 2	100	17g	3g	11g	2.5g	10mg	340mg	2g
Light in Sodium Minestrone Soup	1 cup	~ 2	90	17g	3g	5g	1.5g	0mg	290mg	3g
Cheese Enchilada	4.5 oz	2	240	18g	2g	2g	14g	35mg	440mg	10g
Tofu Scramble	9.0 oz	1	320	19g	4g	4g	19g	0mg	580mg	19g
California Veggie Burger	2.5 oz	4	140	19g	4g	2g	5g	0mg	430mg	6g
Family Size Cheese Enchilada	4.8 oz	7	240	19g	2g	2g	13g	35mg	460mg	11g
Split Pea	1 cup	~ 2	100	19g	6g	4g	0g	0mg	670mg	7g
Pasta & 3 Bean Soup	1 cup	~ 2	130	19g	4g	6g	5g	0mg	680mg	5g
Light in Sodium Split Pea Soup	1 cup	~ 2	100	19g	6g	4g	0g	0mg	330mg	7g
Cheddar Veggie Burger	2.5 oz	4	160	20g	3g	2g	5g	5mg	430mg	8g
Light in Sodium Butternut Squash Soup	1 cup	~ 2	100	20g	2g	4g	2.5g	0mg	290mg	2g
Refried Black Beans	1/2 cup	~ 3.5	140	20g	6g	1g	3g	0mg	440mg	7g
Refried Beans with Green Chiles	1/2 cup	~ 3.5	130	20g	6g	1g	3g	0mg	440mg	7g
Light in Sodium Refried Black Beans	1/2 cup	~ 3.5	140	20g	6g	1g	3g	0mg	220mg	7g
CARBOHYDRATE CATEGORY 21 - 30 g / serving										
Cheese Pizza Toaster Pops	1.94 oz	4	160	21g	1g	2g	6g	5mg	220mg	5g
Chunky Tomato Bisque	1 cup	~ 2	130	21g	3g	14g	3.5g	10mg	680mg	3g
Light in Sodium Chunky Tomato Bisque	1 cup	~ 2	120	21g	2g	14g	3.5g	10mg	340mg	2g
Light in Sodium Traditional Refried Beans	1/2 cup	~ 3.5	140	21g	7g	1g	3g	0mg	190mg	7g

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ITEM	Serving Size	Servings per Container	Calories	Total Carbohydrate	Dietary Fiber	Sugars	Total Fat	Cholesterol	Sodium	Protein
Light in Sodium Black Bean Vegetable Enchilada	4.75 oz	2	160	22g	3g	2g	6g	0g	190g	5g
Cheese Pizza Snacks	5-6 pcs.	2	190	22g	2g	3g	7g	10mg	390mg	9g
Traditional Refried Beans	1/2 cup	~ 3.5	140	22g	6g	1g	3g	0mg	390mg	7g
Summer Corn & Vegetable Soup	1 cup	~ 2	150	23g	3g	6g	6g	15mg	680mg	4g
Tofu Scramble in a Pocket Sandwich	4 oz	1	180	23g	<1g	2g	6g	0mg	520mg	11g
Lentil Vegetable Soup	1 cup	~ 2	160	24g	8g	5g	4g	0mg	680mg	7g
Fire Roasted Southwestern Vegetable Soup	1 cup	~ 2	140	23g	4g	5g	4.5g	0mg	680mg	4g
Light in Sodium Lentil Vegetable Soup	1 cup	~ 2	160	24g	8g	5g	4g	0mg	340mg	7g
Vegetarian Baked Beans	1/2 cup	~ 3.5	120	24g	6g	9g	0.5g	0mg	480mg	6g
Quarter Pound Veggie Burger	4 oz	4	220	25g	6g	5g	5g	0mg	640mg	21g
Lentil Soup	1 cup	~ 2	180	25g	6g	3g	5g	0mg	590mg	8g
Light in Sodium Lentil Soup	1 cup	~ 2	180	25g	6g	4g	5g	0mg	290mg	7g
Tuscan Bean & Rice Soup	1 cup	~ 2	160	25g	5g	4g	4.5g	0mg	680mg	5g
Black Bean Vegetable Enchilada	4.75 oz	2	180	26g	3g	2g	6g	0mg	390mg	5g
Black Bean Vegetable Soup	1 cup	~ 2	140	26g	5g	7g	1.5g	0mg	480mg	6g
Nacho Snacks	5-6 pcs.	2	210	26g	<1g	1g	8g	20mg	460mg	9g
Spinach Pizza Snack	5-6 pcs.	2	200	26g	1g	2g	7g	15mg	420mg	8g
Family Size Black Bean Veg Enchilada	5 oz	7	170	26g	3g	2g	5g	0mg	390mg	5g
Apple Toaster Pops	2.11 oz	4	150	27g	1g	10g	3.5g	0mg	110mg	3g
Chocolate Cake	11 oz	6	170	27g	1g	16g	6g	0mg	130mg	2g
Light in Sodium Shepherd's Pie	8.0 oz	1	160	27g	5g	5g	4g	0mg	290mg	5g
Shepherd's Pie	8 oz	1	160	27g	5g	5g	4g	0mg	590mg	5g
Strawberry Toaster Pops	2.11 oz	4	150	27g	1g	10g	3.5g	0mg	110mg	3g
Mexican Tamale Pie	8 oz	1	150	27g	4g	2g	3g	0mg	590mg	5g
Family Size Vegetable Lasagna	6.43 oz	7	240	28g	4g	4g	8g	20mg	480mg	12g
Medium Chili with Vegetables	1 cup	~ 2	190	29g	8g	6g	6g	0mg	590mg	7g
Orange Cake	11 oz	6	180	29g	0g	17g	6g	0mg	130mg	2g
Breakfast Scramble Wrap	5.5 oz	1	380	30g	4g	1g	19g	10mg	490mg	21g
Curried Lentil Soup	1 cup	~ 2	230	30g	11g	4g	6g	0mg	680mg	9g
Stuffed Pasta Shells Bowl	10 oz	1	310	30g	5g	7g	13g	30mg	740mg	19g
Light in Sodium Spicy Chili	1 cup	~ 2	250	30g	7g	5g	9g	0mg	340mg	13g
CARBOHYDRATE CATEGORY 31 - 40 g / serving										
Black Bean Chili	1 cup	~ 2	200	31g	15g	3g	2g	0mg	680mg	13g
Margherita Pizza	4.33 oz	3	250	32g	2g	3g	12g	10mg	550mg	11g
Cheese Pizza	4.33 oz	3	290	33g	2g	4g	12g	15mg	590mg	12g
Mushroom and Olive Pizza	4.33 oz	3	250	33g	2g	3g	9g	10mg	560mg	10g
Rice Crust Cheese Pizza	4 oz	3	320	34g	2g	5g	16g	10mg	590mg	10g
Rice Crust Spinach Pizza	4.66 oz	3	350	34g	4g	5g	20g	0mg	580mg	8g
Spinach Feta in a Pocket Sandwich	4.5 oz	1	260	34g	3g	4g	9g	20mg	590mg	11g
Medium Chili	1 cup	~ 2	280	35g	7g	5g	9g	0mg	680mg	15g
Vegetable Lasagna	9.5 oz	1	310	35g	5g	5g	12g	20mg	680mg	16g

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ITEM	Serving Size	Servings per Container	Calories	Total Carbohydrate	Dietary Fiber	Sugars	Total Fat	Cholesterol	Sodium	Protein
Indian Samosa Wrap	5 oz	1	250	35g	4g	2g	9g	0mg	680mg	8g
Indian Spinach Tofu Wrap	5.5 oz	1	310	35g	7g	2g	14g	0mg	690mg	11g
Light in Sodium Medium Chili	1 cup	~ 2	280	35g	7g	5g	9g	0mg	340mg	15g
Spicy Chili	1 cup	~ 2	280	35g	7g	5g	9g	0mg	680mg	15g
Veggie Combo Pizza	5.33 oz	3	300	36g	1g	4g	13g	10mg	680mg	10g
Indian Paneer Tikka	9.5 oz	1	320	36g	5g	6g	18g	20mg	550mg	8g
Brown Rice & Vegetables Bowl	10 oz	1	260	36g	5g	7g	9g	0mg	550mg	9g
Light in Sodium Brown Rice & Vegetables Bowl	10 oz	1	260	36g	5g	7g	9g	0mg	270mg	9g
Soy Cheeze Pizza	4.33 oz	3	290	37g	2g	3g	11g	0mg	590mg	12g
Cheese & Pesto Pizza w/ Whole Wheat Crust	4.66 oz	3	360	37g	4g	4g	18g	15mg	680mg	13g
Indian Mattar Tofu	9.5 oz	1	260	37g	5g	5g	8g	0mg	680mg	12g
Spinach Pizza in a Pocket Sandwich	4.5 oz	1	280	37g	3g	3g	9g	15mg	460mg	13g
Apple Pie	4 oz	2	230	37g	2g	15g	8g	25mg	135mg	2g
Spinach Pizza	4.66 oz	3	310	38g	2g	4g	12g	15mg	590mg	12g
Cheese Enchilada Whole Meal	9 oz	1	350	38g	6g	6g	15g	30mg	680mg	15g
Indian Palak Paneer	10 oz	1	270	38g	5g	5g	9g	5mg	680mg	10g
Brown Rice, Black-Eyed Peas & Veggies Bowl	9.0 oz	1	290	38g	8g	5g	11g	0mg	580mg	11g
Breakfast Burrito	6 oz	1	250	38g	5g	4g	7g	0mg	540mg	9g
Cream of Rice Hot Cereal Bowl	9.0 oz	1	170	39g	2g	8g	1g	0mg	220mg	2g
Pesto Pizza	4.5 oz	3	310	39g	2g	3g	12g	10mg	480mg	12g
Single Serve Pesto Pizza	7.0 oz	1	440	39g	2g	3g	19g	15mg	780mg	12g
Broccoli and Cheese in a Pocket Sandwich	4.5 oz	1	300	40g	5g	3g	12g	10mg	350mg	9g
Mexican Tofu Scramble	9.0 oz	1	400	40g	8g	4g	18g	15mg	680mg	20g
Multi-Grain Hot Cereal Bowl	9.0 oz	1	190	40g	5g	12g	1.5g	0mg	300mg	4g
Southwestern Black Bean Chili	1 cup	~2	240	40g	10g	5g	4g	0mg	680mg	12g
Tofu Vegetable Lasagna	9.5 oz	1	310	41g	6g	6g	11g	0mg	680mg	13g
Garden Vegetable Lasagna	10.3 oz	1	290	41g	5g	7g	9g	20mg	720mg	13g
Light in Sodium Vegetable Lasagna	9.5 oz	1	290	41g	4g	8g	8g	15mg	340mg	15g
3 Cheese Pizza with Cornmeal Crust	4.83 oz	3	370	41g	2g	6g	19g	10mg	580mg	10g
Indian Vegetable Korma	9.5 oz	1	310	41g	7g	7g	12g	0mg	680mg	9g
Country Cheddar Bowl	9.5 oz	1	400	41g	4g	3g	19g	20mg	690mg	15g
Tortilla Casserole & Black Beans Bowl	9.5 oz	1	390	41g	7g	6g	18g	25mg	780mg	17g
Macaroni & Soy Cheeze	9 oz	1	370	42g	4g	2g	15g	0mg	500mg	16g
Roasted Vegetable Pizza	4 oz	3	270	42g	2g	5g	9g	0mg	490mg	6g
Rolled Oats Hot Cereal Bowl	9.0 oz	1	220	42g	5g	14g	3.5g	0mg	220mg	6g
Cheese Pizza in a Pocket Sandwich	4.5 oz	1	310	42g	4g	5g	10g	15mg	450mg	14g
Steel-Cut Oats Hot Cereal Bowl	9.0 oz	1	220	42g	5g	15g	3.5g	0mg	190mg	6g
Bean & Cheese Burrito	6 oz	1	300	43g	6g	1g	9g	10mg	580mg	11g
Southwestern Burrito	5.5 oz	1	300	43g	6g	2g	10g	15mg	680mg	12g
Cheese Lasagna	10.3 oz	1	380	44g	4g	8g	14g	45mg	680mg	20g
Black Bean Vegetable Burrito	6 oz	1	280	44g	4g	4g	8g	0mg	580mg	9g

AMY'S KITCHEN CARBOHYDRATE GROUPS

ITEM	Serving Size	Servings per Container	Calories	Total Carbohydrate	Dietary Fiber	Sugars	Total Fat	Cholesterol	Sodium	Protein
Cheese Tamale Verde	10.3 oz	1	360	45g	5g	5g	16g	20mg	780mg	10g
Thai Stir-Fry	9.5 oz	1	310	45g	5g	2g	11g	0mg	420mg	8g
Pesto Tortellini Bowl	9.5 oz	1	430	45g	3g	5g	19g	40mg	640mg	20g
Burrito Especial	6 oz	1	270	45g	4g	4g	6g	5mg	620mg	9g
Vegetable Pie in a Pocket Sandwich	5 oz	1	300	45g	3g	5g	9g	0mg	490mg	8g
Broccoli Pot Pie	7.5 oz	1	430	46g	4g	3g	22g	45mg	630mg	11g
Roasted Vegetable Tamale	10.3 oz	1	280	46g	8g	4g	7g	0mg	680mg	9g
Single Serve Non-Dairy Rice Crust Cheese Pizza	6.0 oz	1	460	46g	4g	7g	28g	0mg	680mg	10g
Macaroni & Cheese 9oz	9 oz	1	410	47g	3g	6g	16g	40mg	590mg	16g
Rice Mac & Cheese	9 oz	1	400	47g	1g	6g	16g	50mg	590mg	16g
Veggie Loaf Whole Meal	10 oz	1	290	47g	7g	6g	8g	0mg	690mg	9g
Light in Sodium Macaroni & Cheese	9.0 oz	1	400	47g	3g	6g	16g	40mg	290mg	16g
Light in Sodium Veggie Loaf Whole Meal	10 oz	1	290	47g	7g	6g	8g	0mg	340mg	9g
Roasted Vegetable Lasagna	9.8 oz	1	290	47g	4g	9g	11g	15mg	680mg	15g
Santa Fe Enchilada Bowl	10 oz	1	350	47g	9g	5g	11g	5mg	780mg	16g
Single Serve Margherita Pizza	6.2 oz	1	360	47g	3g	4g	17g	10mg	720mg	16g
Bean & Rice Burrito - Non Dairy	6 oz	1	280	48g	5g	2g	6g	0mg	550mg	9g
Light in Sodium Mexican Casserole Bowl	9.5 oz	1	370	48g	7g	4g	16g	20mg	390mg	12g
Teriyaki Wrap	5.5 oz	1	290	48g	5g	5g	7g	0mg	460mg	9g
Single Serve Cheese Pizza	6.2 oz	1	410	49g	3g	4g	17g	20mg	720mg	18g
Mac n' Cheese Kids Meal	8.0 oz	1	370	50g	3g	8g	13g	35mg	620mg	14g
Non Dairy Vegetable Pot Pie	7.5 oz	1	360	50g	4g	3g	13g	0mg	640mg	10g
Asian Noodle Stir-Fry	10 oz	1	290	50g	4g	16g	7g	0mg	630mg	9g
CARBOHYDRATE CATEGORY 41 - 50 g / serving										
Teriyaki Bowl	9.5 oz	1	290	52g	4g	15g	4.5g	0mg	780mg	10g
Black Bean Enchilada Whole Meal	10 oz	1	330	53g	9g	4g	8g	0mg	740mg	9g
Southern Meal with Cornbread and Beans	10 oz	1	340	53g	8g	11g	10g	25mg	780mg	12g
Vegetable Pot Pie	7.5 oz	1	420	54g	4g	3g	19g	50mg	590mg	9g
Single Serve Spinach Pizza	7.2 oz	1	440	54g	3g	5g	18g	20mg	780mg	19g
Light in Sodium Single Serve Spinach Pizza	7.2 oz	1	440	54g	3g	5g	18g	20mg	390mg	19g
Light in Sodium Indian Mattar Paneer	10.0 oz	1	320	54g	6g	8g	8g	20mg	390mg	11g
Indian Mattar Paneer	10 oz	1	320	54g	6g	8g	8g	5mg	780mg	11g
Black Bean Tamale Verde	10.3 oz	1	330	55g	8g	6g	10g	0mg	780mg	7g
Ravioli Bowl	9.5 oz	1	380	55g	4g	7g	12g	25mg	680mg	14g
Single Serve Mushroom & Olive Pizza	7.0 oz	1	450	56g	3g	4g	19g	20mg	780mg	18g
Kids Baked Ziti Meal	8.0 oz	1	360	58g	5g	14g	12g	0mg	460mg	7g
Kids Mexican Quesadilla Meal	8.0 oz	1	420	58g	7g	8g	15g	20mg	680mg	13g
Chili & Cornbread Whole Meal	10.5 oz	1	340	59g	10g	14g	6g	10mg	680mg	11g
Country Dinner Whole Meal	11 oz	1	390	60g	8g	14g	12g	15mg	680mg	11g
Single Serve Roasted Vegetable Pizza	6.2 oz	1	410	62g	5g	10g	14g	0mg	780mg	11g
Baked Ziti Bowl	9.5 oz	1	390	62g	6g	8g	12g	0mg	590mg	9g

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Mexican Casserole Bowl	9.5 oz	1	470	70g	7g	3g	16g	20mg	780mg	11g