

CARB COUNTS FOR POPULAR ASIAN FOODS

Type	Food Name	Serving Size	Calories	Protein	Fat	Carb
				(grams)		
Chinese ^{1,2,3}	BBQ pork bun	1 bun	206	7	8	25
	broad noodles, cooked	$\frac{1}{2}$ cup	180	8	0	38
	bubble tea, plain	1 cup	160	0.5	6	27
	bubble tea, with milk	1 cup	232	1	14	24
	bubble tea, with milk & pearls	1 cup	340	0.5	14	53
	chow mein noodles, cooked	$\frac{1}{2}$ cup	240	6	10	32
	moon cake, lotus seed paste with one egg yolk	$\frac{1}{4}$ cake	199	3	11	21
	shark fin's soup	$\frac{1}{2}$ cup	66	6	3	4
	steamed prawn dumpling	1 piece	35	2	2	3
	steamed pork dumpling	1 piece	105	4	8	4
	steam-fried noodles, cooked	$\frac{1}{2}$ cup	240	6	10	34
	steamed noodles, cooked	$\frac{1}{2}$ cup	140	6	0	30
	sweet & sour pork	$\frac{1}{2}$ cup	144	6	1	29
	Szechuan hot & sour soup	$\frac{1}{2}$ cup	60	5	3	3
	wonton, boiled	1 piece	19	1	1	2
	wonton, deep-fried	1 piece	56	2	4	4
wonton-style noodles, cooked	$\frac{1}{2}$ cup	180	8	0	36	
East Indian ^{1,4,5,6,7,8,9,10}	aloo gobi	$\frac{3}{4}$ cup	176	3	7	26
	chapati bread	1 piece	144	3	5	22
	lassi, mango	1 cup	85	4	1	16
	moong dal (with lentils)	$\frac{3}{4}$ cup	128	7	2	20
	moong sabzi (with lentils)	$\frac{3}{4}$ cup	222	11	8	30
	naan bread	1 piece	308	9	8	50
	pappadum	1 piece (12 g)	49	3	2	5
	roti bread	1 piece	119	4	2	23
	samosa (vegetable)	1 piece (50 g)	126	3	7	14
	thosai	1 piece	196	4	4	36

Carb Counts for Popular Asian Foods (continued)

Type	Food Name	Serving Size	Calories	Protein	Fat	Carb
				(grams)		
Japanese 1,11	California roll	1 piece	32	1	1	6
	cucumber roll	1 piece	19	1	0	4
	edamame (soybeans)	½ cup	171	14	7	13
	futomaki roll	1 piece	52	1	0	11
	gyoza (fried)	1 piece	33	2	2	3
	imitation crab roll	1 piece	21	1	0	5
	inari sushi	1 piece	65	2	1	12
	miso soup	½ cup	15	1	1	0
	salmon nigiri	1 piece	64	3	1	12
	salmon roll	1 piece	27	2	1	4
	shrimp nigiri	1 piece	89	8	1	12
	soba (buckwheat) noodles	½ cup	87	4.5	0	19
	tamago (egg) sushi	1 piece	63	2	2	10
	tuna nigiri	1 piece	62	3	0	12
	tuna roll	1 piece	22	1	0	4
udon noodles, cooked	½ cup	172	5	0	37	
Malaysian ¹	bubor cha cha	1 cup	166	1	4	31
	chendol, durian	1 cup	247	4	11	33
	chendol, coconut	1 cup	199	3	8	28
	cheng tng	1 cup	105	1	0	25
	ice kacang	1 cup	122	3	0.5	28
	ketupat (rice cake)	1 piece (95 g)	88	2	0	20
	mango pudding	1 cup	57	1.5	1	11
Vietnamese 1,12,13	pho (beef noodle soup)	1 cup	135	9	2	20
	salad roll	1 roll	181	11	1	31
	spring rolls (deep fried)	1 roll	127	2	10	8

Sources:

- ¹ www.nutrition.com.sg/do/dolocal.asp
- ² www.farkay.com/products_index.html
- ³ www.umass.edu/diningservices/nutrition/index.html
- ⁴ bread.allrecipes.com/az/indiannaan.asp
- ⁵ bread.allrecipes.com/az/rotibreadfromindia.asp
- ⁶ beverage.allrecipes.com/az/MngLssi.asp
- ⁷ www.recipezaar.com/recipe/getrecipe.zsp?id=13009
- ⁸ vegetarian.allrecipes.com/az/MngDl.asp
- ⁹ www.recipezaar.com/recipe/getrecipe.zsp?id=84324
- ¹⁰ www.weightlossresources.co.uk/calories/calorie_counter/indian_food.htm
- ¹¹ www.afcsushi.com/pages/nutrition05.html
- ¹² appetizerrecipe.com/az/vitnmssldrlls.asp
- ¹³ www.metrokc.gov/health/nutrition/recipes/pho.htm