



List of carbohydrates

Carbohydrate content in food

Bread, biscuits and cakes	Carbohydrates per 100 g	Serving size	Carbohydrates g
Bagels	60	1 pc 120 g	72
Breadsticks	51	1 pc 20 g	10
Krisprølls	70	1 pc 13 g	9
Icelandic rye flatbread	45	½ flatbread 45 g	20
Sponge cake	51	1 slice 35 g	18
Graham crackers	66	1 pc 12 g	8
Hamburger buns	48	1 pc 57 g	27
Whole wheat bread	49	1 slice 40 g	20
Crispbread	58	1 pc 13 g	8
Cinnamon roll	49	1 pc 85 g	42
Giffjar cinnamon roll	52	1 pc 22 g	11
Kleina	43	Small 23 g/large 55 g	13/24
Doughnut	58	1 pc 70 g	41
Cream biscuits	65	1 pc 13 g	8
Pretzel (kringla)	72	1 pc 70 g	50
Lifskorn bread	35	1 slice 35 g	12
Milk biscuits	70	1 pc 20 g	14
Muffin	49	Small 40 g/large 100 g	20/49
Naan	51	1 pc 140 g	70
Cheese bread twist	40	1 pc 55 g	22
Pita bread	47	1 pc 75 g	35
Hot dog bun	49	1 pc 52 g	24
Pancakes	27	1 pc 30 g	8
Rice cakes	79	1 pc 8 g	6
Rye bread	53	1 slice 42 g	22
Bread roll	57	1 pc 75 g	43
Saltines	60	4 pc 15 g	9
Cinnamon roll with frosting	54	1 pc 160 g	86
Chocolate cake	53	1 slice 100 g	53
Taco shell	59	1 pc 13 g	8
Crackers	64	1 pc 8 g	5
Tortilla	52	Small 45 g/large 70 g	23/36
Danish pastry	40	1 pc 100 g	40
Waffles	31	1 pc 90 g	28

Breakfast cereal	Carbohydrates per 100 g	Serving size	Carbohydrates g
All-Bran	48	30 g	14
Cheerios	64	30 g	19
Cornflakes	84	30 g	25
Oatmeal	59	1 dl 35 g	20
Havrefras	60	30 g	18
Muesli	50	30 g	15
Special K	84	30 g	25
Weetabix	69	2 pcs 37 g	26
Rugfrás	66	30 g	20

Cereals	Carbohydrates per 100 g	Serving size	Carbohydrates g
Boiled barley	26	1 dl 75 g	19
Boiled rice	27	1 dl 80 g	22
Boiled couscous	22	1 dl 75 g	16
Boiled maize	13	1 dl 75 g	10
Boiled pasta	30	1 dl 60 g	18
Boiled quinoa	39	1 dl/75 g	29

Potatoes	Carbohydrates per 100 g	Serving size	Carbohydrates g
Baked potato	17	1 pc 180 g	30
French fries	36	90 g	33
Mashed potatoes	15	105 g	17
Boiled potatoes	15	2 small 105 g	17
Sweet potatoes	21	1 dl 70 g	15

Dairy products	Carbohydrates per 100 g	Serving size	Carbohydrates g
AB milk	4	2 dl	8
ABT milk with muesli	11	1 pot 170 g	18
Caramel-flavoured Engjabykkni	18	1 pot 150 g	27
Arna Greek yoghurt	4.6	1 pot 200 g	9
Hleðsla low-carb protein drink	4	1 carton 250 ml	11
Óskajógúrt yoghurt	9.5	1 pot 180 g	17
Ísey skyr, coco flavour	3.6	1 pot 170 g	6
KEA skyr, vanilla flavour	11	1 pot 200 g	22
KEA skyr, vanilla flavour, sugar free	4	1 pot 200 g	8
KEA smáskyr	7.9	1 pouch 90 g	7
Chocolate milk	9.2	1 carton 2.5 dl	24
Low-sugar chocolate milk	6.5	1 carton 2.5 dl	16
Semi-skimmed milk	4.7	1 glass 2 dl	9
MS rice pudding with cinnamon	14	1 pot 210 g	28
Örnuskyr skyr, vanilla-flavoured	7.6	1 pot 200 g	15

Fruit	Carbohydrates per 100 g	Serving size	Carbohydrates g
Pineapple, canned	20	1 slice 55 g	11
Orange	11	1 pc 175 g	19
Banana	20	Small 90 g/large 150 g	18/30
Blueberries	14	1 dl 65 g	9
Dates	74	1 dl 75 g	55
Apple	11	Small 85 g/large 250 g	10/27
Strawberries	5	145 g	7
Kiwi	12	1 pc 65 g	8
Mandarin	9	1 pc 70 g	6
Mango	16	1 dl 70 g	11
Honeydew melon	6	85 g	5
Watermelon	7	55 g	4
Pear	11	1 pc 200 g	22
Plum	7	1 pc 75 g	5
Raisins	72	25 g	18
Prunes	39	5 pcs 40 g	15
Grapes	16	12 pcs 85	14

Vegetables and beans	Carbohydrates per 100 g	Serving size	Carbohydrates g
Baked beans	13	1 dl 100 g	13
Green beans, canned	20	1 dl 70 g	14
Red cabbage, canned	12	1 dl 80 g	10

Prepared dishes	Carbohydrates per 100 g	Serving size	Carbohydrates g
Blood pudding	16	1 slice 70 g	11
Fish balls	21	2 pcs 110 g	23
Meatballs	10	2 pcs 110 g	11
Lasagna	11	220 g	24
Liver sausage	12	1 slice 70 g	8
Pizza	33	1 slice 112 g	37
Fish stew	8	100 g	8
Hot dogs	6	1 pc 56 g	3
Breaded haddock	7	100 g	7

Sauces	Carbohydrates per 100 g	Serving size	Carbohydrates g
Brown sauce	6	½ dl 50 g	3
Béchamel sauce	12	½ dl 50 g	6
Mango chutney	54	1 tbsp 15 g	8
Sweet-and-sour sauce	20	½ dl 50 g	10
Crème fraîche	4	½ dl 50 g	2
Tomato ketchup	23	1 tbsp 15 g	3

Snacks, ice cream and sweets	Carbohydrates per 100 g	Serving size	Carbohydrates g
Ice lolly	22	1 pc 40 g	9
Jelly	71	20 g	14
Soft serve ice cream	19	Small 160 g	30
Potato crisps	40	40 g	16
Nóakropp chocolate coated corn puffs	55	30 g	16
Popcorn	58	30 g	17
Chocolate	50	35 g	18
Tortilla chips	58	40 g	23