



CHUSEOK CARB CHART

DISH	SERVING SIZE	CARB COUNT
SONGPYEAN	1 PIECE	15.2 G
YEUNGYANG CHALTTEOK	1 G	53.2 G
MODEUMJEON	1 G	10 G
KKAENNIP JEON	1 G	10 G
GOGI WANJAJEON	1 G	17 G
NOKDUJEON	1 PIECE	33 G
JAPCHAE	2.5 CUPS	76 G
GALBI JJIM	1 OZ	3 G
DAKJJIM	8 PIECES	27 G
DWEJI GALBIJJIM	1 OZ	30 G
SAMSAEK NAMUL	1 PIECE	1 G
MUGUK	1 CUP	10 G
YUKJEON	1 CUP	10 G
TTEOKGALBI	1 PIECE	13 G
NABAK KIMCHI	1 CUP	1 G
SIKHYE	1 CUP	20 G
DASIK	1 PIECE	7.9 G
SUJEONGGWA	1 CUP	29 G
BIBIMBAP	1 CUP	14 G
HANGWA	4 PIECES	60 G