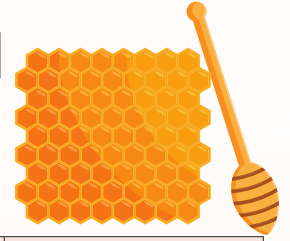


ROSH HASHANAH CARB CHART



DISH	SERVING SIZE	CARB COUNT
CHALLAH	1 SLICE	13.6 G
CARNE CON PAPAS	1 1/2 CUPS	43.4 G
BRISKET	100 G	0 G
SEITAN BRISKET	1/3 CUP	4.5 G
POMEGRANATE AND HONEY GLAZED CHICKEN	1 PIECE	38 G
TZIMMES	85 G	20 G
SEPHARDIC JEWELED ROSH HASHANAH RICE	1 CUP	46 G
CLASSIC POTATO KUGEL	2/3 CUP	23.4 G
ITALIAN SWEET AND SOUR FISH	1 CUP	31 G
APPLES-AND-HONEY PUNCH	1 CUP	30 G
TAYGLACH	1 PIECE	26 G
HONEY CAKE	1 SLICE	53 G
SOUR CREAM APPLE COFFEE CAKE	1 SLICE	51 G
SALTED HONEY APPLE UPSIDE-DOWN CAKE	1 SLICE	49 G
APPLE KUGEL CRUMBLE CAKE	1 PIECE	32 G
GEFILTE FISH	1 PIECE	3.1 G
MATZO BALL SOUP	1 CUP	13 G
LEEK AND CHARD FRITTATA	1 PIECE	4.4 G