

Little Debbie and Hostess Carb Counts

Little Debbie Treats	CARBS	GRAMS
Banana Nut Loaf	2	31 g.
Blueberry Loaf	2	29 g.
Brownie Light	2 1/2	39 g.
Caramel Cookie Bars	1 1/2	22 g.
Chocolate Chip Snack Cake	1 1/4	20 g.
Chocolate Cup Cake	1 3/4	26 g.
Chocolate Marshmallow Pie	2	28 g.
Cosmic Brownie	2 3/4	40 g.
Devil Cremes	2	29 g.
Donut Stick	1 1/2	24 g.
Fancy Cake (white)	1 1/2	21 g.
Fig Bar	2	31 g.
Frosted Fudge Cake	1 3/4	25 g.
Fudge Brownie	2 3/4	39 g.
Fudge Rounds	1 1/2	22 g.
German Chocolate Cookie Ring	1 1/4	18 g.
Honey Bun	1 3/4	26 g.
Marshmallow Supreme	1 1/2	22 g.
Nutty Bar	1	16 g.
Oatmeal Crème Pie	1 3/4	26 g.
Oatmeal Light	2	29 g.
Pecan Spinwheel	1	16 g.
Snack Cake (chocolate)	1 1/2	22 g.
Star Crunch	1 1/2	22 g.
Strawberry Cup Cake	2	29 g.
Strawberry Shortcake Roll	2 3/4	41 g.
Swiss Cake Roll	1 1/4	18 g.
Zebra Cake	1 1/2	22 g.

Little Debbie and Hostess Carb Counts

Hostess Treats	CARBS	GRAMS
Apple Pie	4 1/2	67 g.
Apple Sweet Roll	2 1/2	36 g.
Baseball	2	31 g.
Cherry Pie	4 1/4	65 g.
Cupcake (choc)	2	30 g.
Ding Dong	1 1/2	22 g.
Donut	1 3/4	25 g.
Frosted Donut (chocolate)	1/2	7 g.
Ho Ho	1	16 g.
Iced Honey Bun	2 3/4	42 g.
Lil Angel	1	17 g.
Muffin Loaf Banana Nut	4 1/4	63 g.
Muffin Loaf Blueberry	4	62 g.
Peach Pie	4 1/2	68 g.
Powdered Donut	1/2	7 g.
Raspberry Sweet Roll	2 1/2	36 g.
Sno Ball (pink)	2	31 g.
Suzy Q	2 1/2	35 g.
Twinkie	1 3/4	25 g.