

STATE FAIR NUTRITION FACTS

Food	Serving	Calories	Carb Grams	Carb Choices	Fat Grams	Fiber Grams
Baked potato (plain)	1 (6 oz)	158	35	2	0	4
Belgian waffle on stick (plain)	1	278	35	2	12	1
Blooming onion with dip	1 onion	1565	186	12	84	25
Blueberry muffin	1 medium	300	55	4	6	4
Bratwurst on bun	1 (4 oz)	420	25	2	27	1
Brownie	2 – ¾ inch sq.	227	36	3	9	1
Burrito with beef and beans	1 (9 oz)	495	55	4	17	11
Caramel apple	1 medium	243	54	4	4	4
Caramel corn with peanuts	1 cup	240	46	3	4	2
Chicken nuggets	6 (4 oz)	278	16	1	18	0
Chili dog on bun	1	290	28	2	15	1
Chili with beans	1 cup	310	15	1	17	7
Chow Mein (no noodles)	1 ½ cups	150	15	1	5	3
Cinnamon roll	1 large	309	42	3	14	2
Coleslaw	¾ cup	183	17	1	13	3
Corn dog	1	210	25	2	10	2
Corn on the cob with butter	1 cob	148	33	2	2	2
Cotton candy	1 serving	220	56	4	0	0
Croissant with butter	1 medium	231	26	2	12	2
Éclair with custard	1	233	22	2	14	1
Egg roll	1 – 5 inch	210	20	1	11	2
Enchilada with beef	1 (7 oz)	290	21	2	12	3
Enchilada with chicken	1 (7 oz)	235	17	1	5	1
Foot long hot dog on bun	1	560	39	3	35	2
French bread (plain)	1 medium slice	180	35	2	2	2
French fries	1 small serving	248	30	2	13	3
Fried cheese curds	5 ounces	533	34	2	34	2
Fried chicken breast with skin	1 piece (5–6 oz)	320	4	0	15	0
Frozen yogurt, vanilla (soft)	½ cup	114	17	1	4	0
Fudge	1 ounce	116	21	2	3	0

Funnel cakes	1 cake (3 oz)	356	49	3	16	1
Gyro with meat	1	510	42	3	29	2
Hamburger on bun	¼ pound	426	32	2	23	2
Ice cream	½ cup	137	16	1	7	2
Juice	8 ounces	120	28	2	2	2
Kettle corn	6 cups popped	210	24	2	12	3
Kolacky (filled with fruit)	1	210	37	3	5	1
Lefse (plain)	1 sheet	120	22	2	2	1
Lemonade	8 ounces	67	16	1	0	0
Mini-doughnuts	5	270	38	3	10	0
Pancake	1 – 6 inch	175	22	2	7	0
Peanuts (in shell)	10	58	2	0	5	1
Pizza, small with cheese	1 slice (thin crust)	192	17	1	10	1
Popcorn (oil-popped)	6 cups popped	330	38	3	19	7
Potato chips	12–18 (1 oz)	155	14	1	10	2
Pretzel (soft)	1 large (6 oz)	485	100	7	4	3
with cheese	1 ounce	77	4	0	6	0
Scone (plain)	1	420	59	4	17	1
Shake, vanilla	12 ounces	369	49	3	16	2
Snow cone with syrup	1	270	68	5	0	0
Spaghetti with meatballs	1 ½ cups	412	52	4	14	4
Stir fry with meat (no rice)	1 ½ cups	244	22	2	8	2
Stuffed green pepper with beef	1	439	43	3	20	5
Sub sandwich with cold cuts	1 – 6 inch	456	51	4	19	4
Sub sandwich with meatballs	1 – 6 inch	580	70	5	23	4
Taco with beef	1 – 7 inch	214	20	1	10	3
Tortilla chips	6 – 12 (1 oz)	138	19	1	7	2
Turkey burger on bun	1	279	22	2	10	2
Turkey drumstick with skin	1 drumstick	363	0	0	19	0
Veggie burger on bun	1	239	31	2	7	4

*NOTE: Some servings listed may be smaller than what is actually served. One “carb choice” equals 15 grams of total carbohydrate.

Resource: diabetesMN.com, ADA

