

## Carb in Fruit List

The fruits are listed below in 100-gram quantities for easy comparison.

Name	Net Carbs (g)	Fibre (g)	Total Carbs (g)
Apples, raw, with skin	11.41	2.4	13.81
Apricots, raw	9.12	2	11.12
Avocados	1.83	6.7	8.53
Bananas	20.24	2.6	22.84
Blackberries	4.31	5.3	9.61
Blueberries	12.09	2.4	14.49
Breadfruit	22.22	4.9	27.12
Cherries, sour, red, raw	10.58	1.6	12.18
Cherries, sweet, raw	13.91	2.1	16.01
Clementines, raw	10.32	1.7	12.02
Cranberries, raw	8.37	3.6	11.97
Dates, medjool	68.27	6.7	74.97
Dragon fruit	8	1	9
Durian, raw or frozen	23.29	3.8	27.09
Elderberries, raw	11.4	7	18.4
Figs, raw	16.28	2.9	19.18
Gooseberries, raw	5.88	4.3	10.18
Grapefruit, raw,	6.98	1.1	8.08
Grapes, red or green , raw	17.2	0.9	18.1
Guavas, common, raw	8.92	5.4	14.32
Jackfruit, raw	21.75	1.5	23.25
Kiwifruit, green, raw	11.66	3	14.66
Kumquats, raw	9.4	6.5	15.9
Lemons, raw, without peel	6.52	2.8	9.32
Limes, raw	7.74	2.8	10.54
Lychees, raw	15.23	1.3	16.53
Loganberries	7.72	5.3	13.02
Mangos, raw	13.38	1.6	14.98
Mangosteen	10	5	15
Melons, cantaloupe, raw	7.26	0.9	8.16
Melons, casaba, raw	5.68	0.9	6.58
Melons, honeydew, raw	8.29	0.8	9.09
Mulberries, raw	8.1	1.7	9.8
Nectarines, raw	8.85	1.7	10.55
Olives	0.54	3.3	3.84
Oranges, raw, with peel	11	4.5	15.5
Papayas, raw	9.12	1.7	10.82
Passion-fruit, raw	12.98	10.4	23.38
Peaches, raw	8.04	1.5	9.54

Pears, asian, raw	7.05	3.6	10.65
Pears, raw	12.13	3.1	15.23
Persimmons, japanese, raw	14.99	3.6	18.59
Persimmons, native, raw	33.5	0	33.5
Pineapple, raw, all varieties	11.72	1.4	13.12
Plantains, raw	29.59	2.3	31.89
Plums, raw	10.02	1.4	11.42
Pomegranates, raw	14.7	4	18.7
Prickly pears, raw	5.97	3.6	9.57
Quinces, raw	13.4	1.9	15.3
Raisins, seedless	75.48	3.7	79.18
Raspberries, raw	5.44	6.5	11.94
Rhubarb, raw	2.74	1.8	4.54
Sapodilla, raw	14.66	5.3	19.96
Soursop, raw	13.54	3.3	16.84
Strawberries, raw	5.68	2	7.68
Tamarinds, raw	57.4	5.1	62.5
Tangerines, (mandarin oranges), raw	11.54	1.8	13.34
Watermelon, raw	7.15	0.4	7.55

Values obtained from the USDA Food Composition Database