

**Carbs In Fruit Chart** : Here are some common fruits with their approximate carbs per 100-gram serving.

Fruit	Net Carbs (grams)	Fiber (grams)	Total Carbs (grams)
Apple	11.4	2.4	13.8
Banana	20.9	2.6	23.5
Orange	8.3	2.4	10.6
Grapes	16.3	0.9	17.7
Kiwi	11.1	2.1	13.2
Pineapple	13.1	1.4	14.5
Strawberry	5.7	2	7.7
Watermelon	7.5	0.4	8.1
Blueberries	12.1	2.4	14.5
Mango	14.8	1.6	16.4
Papaya	10.8	1.8	12.6
Peach	8.4	1.5	9.9
Pear	12.1	3.1	15.2
Plum	8.7	1.4	10.1

Cherry	12.2	1.6	13.8
Raspberry	5.4	6.5	11.9
Blackberry	4.3	5.3	9.6
Cranberry	4.6	4.6	9.2
Lemon	2.5	2.8	5.2
Lime	1.7	1.8	3.5
Avocado	0.9	6.7	7.6
Tomato	2.7	1.2	3.9
Guava	8.9	5.4	14.3
Passion fruit	7.4	10.4	17.8
Dragon fruit	9	3	12
Lychee	16.5	1.3	17.8
Persimmon	18.6	3.6	22.2
Apricot	3.9	2	5.9

Fig	16.3	2.9	19.2
Grapefruit	6.8	1.1	7.9
Cantaloupe	8.2	0.9	9.1
Honeydew melon	8.2	0.8	9
Kiwifruit	9	3	12
Nectarine	8.5	1.7	10.2
Pomegranate	17.2	4	21.2
Tangerine	9.2	1.8	11
Raspberry	5.4	6.5	11.9
Blackberry	4.3	5.3	9.6
Cranberry	4.6	4.6	9.2
Lemon	2.5	2.8	5.2
Lime	1.7	1.8	3.5

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