



Carbohydrate counting for recipes

You can easily calculate the carbohydrate content of your favorite recipes. If you find your recipe on the internet or in a cookbook, the nutritional values per portion may already be available (Ricardo, Allrecipes, Canadian Living, etc.).

For those recipes that do not offer the nutritional values, follow these steps to calculate the amount of carbohydrate per serving.

Step 1: Calculate the total amount of carbohydrate in your recipe

To find the carbohydrate content of your ingredients you can use the following tools: the food label, the list provided on the next page or any other reliable references. Add them up to find the total amount of carbohydrate in your recipe.

Example : Banana muffins

Ingredients	Quantity	Carbohydrates (g)
Flour, whole wheat	2 cups (2 x 250ml)	152
Sugar, white	1 cup (250ml)	200
Milk 2% M.F.	1 cup (250ml)	12
Canola oil	½ cup (125ml)	0
Egg	1	0
Banana, ripe	2	~60
Baking powder	1 tea spoon (5ml)	0
Total amount of carbohydrate :		424g



Step 2: Calculate the amount of carbohydrate per serving

Divide your recipe into equal portions (i.e. 12 muffins), either before or after cooking.

Divide the total amount of carbohydrate in your recipe (i.e. 424g) by the number of servings (i.e. 12 muffins).

Example: 424g of carbohydrate ÷ 12 muffins = ~ 35g of carbohydrate per muffin



Carbohydrate content of some baking ingredients

Food	Quantity	Carbohydrate (g)
Apple, chopped	250 mL	14
Apple sauce, unsweetened	250 mL	27
Apricots, dried	125 mL	35
Baking powder / Baking soda	5mL	0
Banana, raw	1 large (~22cm)	30
Biscuit mix (Bisquit)	250 mL	78
Buttermilk (1% M.F.)	250 mL	12
Carrots, grated	250 mL	7
Cherries, sour, raw, with pits	250 mL	11
Chocolate, baking, unsweetened	30 g (1 square)	4
Chocolate, baking, dark. unsweetened	30 g (1 square)	4
Chocolate chips, semi-sweetened	250 mL	102
Chocolate chips, caramel chips	250mL	150
Cacao powder	15mL (125mL)	1 (10)
Coconut, dried, unsweetened	250 mL	6
Condensed milk, sweetened	250 mL	183
Corn starch	15 mL	9
Corn syrup / Maple syrup / Honey	15mL (125mL)	15g (125g)
Cranberries, dried, sweetened	125mL	48
Dates, dried, pitted, chopped	125mL	60
Egg / Egg yolk / Egg white	1	0
Evaporated milk, whole, undiluted	250 mL	33
Flour, all-purpose	250 mL	92
Flour, whole wheat	250 mL	76
Graham cracker crumbs	125 mL	33
Jam, regular	125 mL	115
Marshmallow, mini	250mL	42
Milk (0%, 1%, 2%, 3,25% M.F.)	250 mL	12
Molasses	125 mL	133
Oat bran	125 mL	28
Oats, large flake, raw	250 mL	54
Orange, navel, raw	1 medium	15
Orange juice	250 mL	25
Oreo™ crumbs (pie crust)	125mL	33
Peanut butter, smooth, sweetened	125 mL	18
Pineapple juice, canned	250 mL	35
Sugar, white	250 mL	200
Sugar, brown, packed	250 mL	215
Sugar, powdered, sifted	250 mL	120
Vanilla	15 ml	0
Legend : 125 ml = ½ cup 250 ml = 1 cup		