

# Counting Carbohydrate in Recipes

This resource will help you find how much available carbohydrate is in your favourite recipes so that you can keep enjoying these homemade foods.

*Available carbohydrate (AC)* is the amount of carbohydrate in a food that will raise your blood sugar.

**Grams of AC =**

**Grams of carbohydrate – Grams of fibre**

## Find the AC in a recipe

Follow the 5 steps in the next column to figure out how much AC is in your recipes. The *Banana and Carrot Bread* recipe below is an example.

### Banana and Carrot Bread (Makes 12 slices)

2 cups	Whole wheat flour	500 mL
1 tsp	Baking soda	5 mL
1 tsp	Cinnamon	5 mL
¼ cup	Canola oil	60 mL
1	Egg	1
½ cup	Sugar	125 mL
1½ cups	Banana, mashed	375 mL
1 cup	Carrots, grated	250 mL

### Step 1:

**Find the ingredients that have carbohydrate.**  
Write these in a table like the one on this page.

### Step 2:

**Find the carbohydrate and fibre for each carbohydrate ingredient, and then find the AC.**

Resources for nutrition information:

- Nutrition Facts table on food labels
- List of common ingredients on pages 2 and 3
- Canadian Nutrient File website. In your browser, search for *Canadian Nutrient File search by food*

### Step 3:

**Find how much AC is in each carbohydrate ingredient in the amounts used in the recipe.**

### Step 4:

**Add the AC from all the ingredients.**  
Total AC for the recipe = 342 g

### Step 5:

**Figure out the AC for each serving.** Divide the total AC in the recipe by the number of servings the recipe makes:

342 g total AC ÷ 12 servings = 29 g AC per slice

For the Banana and Carrot Bread recipe above:

Step 1	Step 2		Step 3		
Carbohydrate ingredients	Amount of ingredient from food label or resource	AC from food label or resource	Amount of ingredient in recipe	Adjust AC to amount in recipe	AC in recipe
Whole wheat flour	1 cup	76 g	2 cups	76 x 2	152 g
Sugar	1 cup	211 g	½ cup	211 x 0.5	106 g
Bananas, mashed	1 cup	50 g	1½ cups	50 x 1.5	75 g
Carrots, grated	1 cup	9 g	1 cup	9 x 1	9 g
<b>Step 4: Total AC in the recipe = 342 g</b>					
<b>Step 5: AC in each slice = 29 g</b>					



**Online tools:** To find the AC in your recipes, you can use a recipe analyzer like *eatracker.ca*.

## AC in common recipe ingredients

Before using the list below, look for the Nutrition Facts table on food packages.

Ingredient	Measure	AC (grams)
<b>Grains</b>		
barley, dry	1 cup	131
bran, oat	1 cup	15
bran, wheat	1 cup	13
bread crumbs	1 cup	77
cornmeal	1 cup	90
cornstarch	1 Tbsp	8
cracker crumbs	1 cup	53
flour		
- white, all purpose	1 cup	91
	1 Tbsp	6
- whole wheat	1 cup	76
- almond	1 cup	12
- cake	1 cup	104
- coconut	1 cup	24
- potato	1 cup	140
- rice, white	1 cup	130
- soy	1 cup	21
graham cracker crumbs	1 cup	66
pasta, dry	100 g	70
- elbows	1 cup	80
- lasagna noodles	1 noodle	15
- spirals	1 cup	64
quinoa, dry	1 cup	103
rice, dry		
- brown	1 cup	145
- white	1 cup	158
rolled oats, dry	1 cup	58
wheat germ	1 cup	47

Ingredient	Measure	AC (grams)
<b>Vegetables</b>		
beets, raw	1 cup	11
carrots, raw, slices or grated	1 cup	9
corn, kernels	1 cup	27
onions, raw, diced	1 cup	12
peas, green, raw	1 cup	14
potatoes, peeled, raw	1 cup	25
pumpkin puree, unsweetened, canned	1 cup	13
sweet potato, raw cubed	1 cup	24
tomato paste	1 Tbsp	3
tomato sauce, canned	1 cup	10
tomatoes, canned		
- crushed	1 cup	14
- diced	1 cup	10
- whole	1 cup	7
yams, raw, cubed	1 cup	38
<b>Beans, peas, and lentils</b>		
chick peas, dry	1 cup	88
kidney beans, dry	1 cup	68
lentils, dry	1 cup	70
split peas, dry	1 cup	65
<b>Fruit</b>		
apple sauce, unsweetened	1 cup	26
bananas, mashed	1 cup	50
dried fruit		
- apricots	1 cup	76
- cranberries	1 cup	98
- dates, chopped	1 cup	104
- raisins	1 cup	116
pineapple, canned, crushed	1 cup	29
<b>Fats</b>		
avocado	1 (201 g)	4
cream cheese	½ cup (125 g)	5
sour cream, regular	1 cup	17
sour cream, fat-free	1 cup	42

Ingredient	Measure	AC (grams)
<b>Nut and seeds</b>		
almonds, whole, slivered, or ground	1 cup	10
chia seeds	1 cup	14
coconut, dry unsweetened	1 cup	7
peanut butter	1 cup	42
peanuts	1 cup	21
pecans, halves	1 cup	5
pine nuts	1 cup	14
pistachios	1 cup	24
pumpkin seeds	1 cup	7
sunflower seeds	1 cup	17
walnuts, pieces	1 cup	9
<b>Other foods</b>		
agave syrup	1 cup	177
chocolate:		
- unsweetened	1 ounce (28 g)	3
- semisweet, milk chocolate		16
chocolate chips, semisweet	1 cup	103
cocoa powder, unsweetened	1 cup	19
corn syrup	1 cup	266
honey	1 cup	293
molasses		
- blackstrap	1 cup	210
- fancy	1 cup	266
sugar:		
- brown, packed	1 cup	229
- icing, not sifted	1 cup	127
- white	1 cup	211
<b>Miscellaneous</b>		
canned soups		
- cream of mushroom	1 can (284 mL)	14
- tomato		39

## Ingredients with no carbohydrate

The ingredients below don't contain carbohydrate, so they don't need to be counted.

- baking power
- baking soda
- broth
- cheese
- eggs
- fats: oil, butter, non-hydrogenated margarine, shortening
- fish and seafood
- gelatin, unflavored
- herbs (e.g. basil, oregano, thyme)
- lemon juice
- low carbohydrate vegetables (e.g. celery, cucumber, peppers, zucchini)
- meat and poultry
- salt, pepper
- seeds (other than those listed)
- spices (e.g. ginger, cloves, cinnamon)
- soy sauce, fish sauce
- vinegar

Some **sugar substitutes** may contain carbohydrate. Check the Nutrition Facts table on the package, and talk to your dietitian about using sugar substitutes.

## Imperial and metric volume measurements

Imperial		Metric	
1 cup =		16 Tbsp =	250 mL
$\frac{3}{4}$ cup =	0.75 cup =	12 Tbsp =	175 mL
$\frac{2}{3}$ cup =	0.67 cup =	10 Tbsp =	150 mL
$\frac{1}{2}$ cup =	0.5 cup =	8 Tbsp =	125 mL
$\frac{1}{3}$ cup =	0.33 cup =	5 Tbsp =	75 mL
$\frac{1}{4}$ cup =	0.25 cup =	4 Tbsp =	60 mL
1 ounce volume =		2 Tbsp =	30 mL
1 Tbsp =		3 tsp =	15 mL
1 tsp =			5 mL

## Your turn...

Use the space below to help you find the available carbohydrate in your favorite recipe at home.

Step 1	Step 2		Step 3		
Carbohydrate ingredients	Amount of ingredient from food label or resource	AC from food label or resource	Amount of ingredient in recipe	Adjust AC to amount in recipe	AC in recipe
		<b>Step 4:</b>	<b>Total grams AC in the recipe:</b>		
		<b>Step 5:</b>	<b>÷ Number of servings in the recipe:</b>		
			<b>Grams AC in one serving:</b>		

## Notes:

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