

# Counting Carbohydrate in Recipes

This resource is a way to help you find how much available carbohydrate is in your recipes. If you need support, discuss with your health provider.

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



$$\text{Grams of available carbohydrate (AC)} = \text{Grams of carbohydrate} - \text{Grams of fibre}$$

## Find the AC in a recipe

Follow the 5 steps that follow to find out how much AC is in your recipes.

### Step 1

**Find the ingredients that have carbohydrate in your recipe.** See Step 1 in the table below.

### Step 2

**Find the carbohydrate and fibre in each carbohydrate ingredient. Calculate the AC.**

Resources for finding nutrition information:

- Nutrition Facts table on food labels
- List of common ingredients on pages 2 and 3
- Canadian Nutrient File website, search by food

### Step 3

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

See Step 3 in table below.

### Step 4

**Add the AC from all the ingredients.**

See step 4 in table below.

### Step 5

**Figure out the AC for each serving.** Divide ( $\div$ ) the total AC in the recipe by the number of servings the recipe makes. See Step 5 in table below.

## Example recipe: 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

## Example of Each Step 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</b>	<b>Total grams AC in the recipe: 152 + 106 + 75 + 9 =</b>				<b>342 g</b>
<b>Step 5</b>	<b>÷ Number of servings in the recipe:</b>				<b>12</b>
	<b>Grams AC in one serving:</b>				<b>29 g</b>

# AC in common recipe ingredients

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

Ingredient	Measure	AC (grams)
<b>Nut and seeds</b>		
almonds, whole, slivered, or ground	1 cup	10
cashew	1 cup	43
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
chocolate, semisweet, or milk chocolate	1 ounce (28 g)	16
chocolate chips, semisweet	1 cup	103
chocolate chips, milk chocolate	1 cup	100
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>Canned soups</b>		
• cream of mushroom	1 can (284 mL)	14
• tomato		39

Ingredient	Measure	AC (grams)
<b>Grains</b>		
barley, dry	1 cup	131
bran, oat	1 cup	15
bran, wheat	1 cup	13
breadcrumbs, ground	1 cup	77
cornmeal	1 cup	90
cornstarch	1 Tbsp	8
cracker crumbs	1 cup	53
flour:		
• white, all purpose	1 cup 1 Tbsp	91 6
• whole wheat	1 cup	76
• almond	1 cup	12
• barley	1 cup	100
• cake	1 cup	104
• chickpea	1 cup	45
• coconut	1 cup	24
• corn	1 cup	86
• potato	1 cup	140
• rice, white	1 cup	130
• sorghum	1 cup	89
• soy	1 cup	21
• teff	1 cup	80
graham cracker crumbs	1 cup	66
pasta, dry:		
• 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>		
chickpeas, 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

## Ingredients with no carbohydrate

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

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

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

## Measurement conversions

Imperial		Metric	
1 cup =		16 Tbsp =	250 mL
¾ cup =	0.75 cup =	12 Tbsp =	175 mL
⅔ cup =	0.67 cup =	10 Tbsp =	150 mL
½ cup =	0.5 cup =	8 Tbsp =	125 mL
⅓ cup =	0.33 cup =	5 Tbsp =	75 mL
¼ 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 recipe ...

Use the space below to help you find the AC in your recipe.

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
Step 4	<b>Total grams AC in the recipe:</b>				
Step 5	<b>÷ Number of servings in the recipe:</b>				
	<b>Grams AC in one serving:</b>				

## Notes