

### Carbohydrate content of some common baking ingredients

Food	Amount	Available Carb (g)
Almonds, whole	250 mL	14
Apple, raw	1 med (7cm diam)	15
Apple sauce, unsweetened	250 mL	26
Apricots, dried	125 mL	38
Baking powder / Baking soda	5mL	0
Banana, raw	1 large (~22cm long)	29
Biscuit mix (Bisquik)	250 mL	78
Bran cereal (All-Bran)	250 mL	30
Buttermilk (1% M.F.)	250 mL	12
Carrot, grated	250 mL	8
Cherries, sour, raw, with pits	250 mL	12
Chocolate, baking, unsweetened	30 g (1 square)	4
Chocolate, baking, dark. unsweetened	30 g (1 square)	4
Chocolate chips, semi-sweetened	250 mL	150
Chocolate chips, caramel	250mL	150
Coconut, dried, unsweetened	250 mL	7
Corn Flakes™	250 mL	22
Corn starch	15 mL	7
Corn syrup / Maple syrup / Honey	15mL (125mL)	15g (125g)
Cottage cheese (1% M.F.)	250 mL	7
Cranberries, dried, sweetened	125mL	49
Dates, dried, pitted, chopped	125mL	63
Egg / Egg yolk / Egg white	1	0
Evaporated milk, whole	250 mL	27
Flour, all-purpose	250 mL	91
Flour, whole wheat	250 mL	76
Graham cracker crumbs	125 mL	33
Jam, regular	125 mL	114
Marshmallow, mini	250mL	43
Milk	250 mL	12
Oats, large flake, raw	250 mL	51
Orange, navel, raw	1 medium	15
Orange juice	250 mL	28
Oreo™ crumbs (pie crust)	125mL	31
Peanut butter, smooth, sweetened	125 mL	19

<b>Pineapple juice, canned</b>	250 mL	<b>34</b>
<b>Potato flakes, dry</b>	125 mL	<b>24</b>
<b>Pumpkin, cooked</b>	250 mL	<b>13</b>
<b>Raisins, sultana, packed</b>	125 mL	<b>66</b>
<b>Rice Krispies™</b>	250 mL	<b>24</b>
<b>Ricotta cheese (low fat)</b>	250 mL	<b>13</b>
<b>Salt</b>	5 mL	<b>0</b>
<b>Sour cream (14% M.F.)</b>	125 mL	<b>9</b>
<b>Strawberries / Raspberries</b>	250 mL	<b>8</b>
<b>Sugar, white, unsifted</b>	250 mL	<b>211</b>
<b>Sugar, brown (packed)</b>	250 mL	<b>228</b>
<b>Sugar, icing</b>	250 mL	<b>127</b>
<b>Vanilla, extract</b>	15 mL	<b>0</b>
<b>Walnuts, chopped</b>	250 mL	<b>9</b>
<b>Yogourt, plain (0.1% MF)</b>	250 mL	<b>19</b>
<b>Remember</b> , fats contain NO carb. Examples of fat: Butter, Margarine, Mayonnaise, Oil & Shortening.		

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References:

Health Canada; Canadian Nutrient File; 2010.

Health Canada; *Nutritive Value of Some Common Foods*, 2008. *Revised by Andrée-Anne Fafard, dietetics student*

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*Andrée-Anne Fafard, dietetics student*

*Revised by*