

COMMON BAKING INGREDIENTS AND THEIR NUTRIENT CONTENTS

The values given here are averages of multiple brands. The nutrition label will present the most up-to-date information about that product.

Common Baking Ingredients

For 1 Cup = 250 mL

Food	Weight	Protein	Fat	Fibre	Carb [†]
Bisquick Mix®	119	9	1	3	78
Bread crumbs (white, dry)	114	15	6	5	82
Chocolate chips (semisweet)	178	7	53	11	113
Cocoa (unsweetened)	91	18	12	30	53
Coconut (sweetened, shredded)	98	3	35	4	47
Cornstarch	135	—	—	1	123
Corn syrup (light)	347	—	1	—	266
Flour (white, all-purpose, unbleached)	132	16	3	4	96
Flour (whole wheat)	127	19	4	11	87
Honey	358	1	—	—	295
Molasses	356	—	—	—	266
Oat bran (raw, dry)	99	17	7	11	66
Oats (old-fashioned, dry)	111	16	9	11	76
Oats (minute, dry)	100	15	—	9	67
Peanut butter (natural)	252	60	—	20	54
Skim milk powder (instant)	72	25	1	—	38
Sugar (brown, packed)	233	—	—	—	228
Sugar (powdered/icing, unsifted)	127	—	—	—	127
Sugar (white, granulated)	211	—	—	—	211
Wheat bran (raw)	61	10	3	26	40
Wheat germ (raw)	122	28	12	16	63

[†]Carb = total carbohydrates (including fibre, starches and sugars)

Non-Wheat Flours

For 1 Cup = 250 mL

Food	Weight	Protein	Fat	Fibre	Carb [†]
Almond flour*	112	24	56	12	24
Amaranth flour*	193	28	13	18	129
Arrowroot flour*	135	—	—	5	119
Barley flour	156	16	3	16	117
Bean flour, black*	136	32	—	20	88
Bean flour, white*	125	28	—	32	80
Buckwheat flour*	127	16	4	32	90
Carob flour*	109	5	1	9	97
Chickpea flour (besan, chana)*	97	22	7	43	56
Corn bran*	80	7	1	63	69
Corn flour (yellow, whole-grain)*	124	9	5	11	95
Corn meal (yellow, degermed)*	168	12	3	9	133
Flaxseed flour*	170	34	71	48	49
Millet flour (whole-grain)*	125	12	4	9	88
Oat flour (whole-grain)*	94	12	9	7	63
Peanut flour (low-fat)*	63	21	14	10	20
Potato flour*	169	12	1	16	140
Potato starch*	170	—	—	—	164
Quinoa flour*	113	16	6	—	72
Rice bran*	125	17	26	26	62
Rice flour (brown)*	167	12	5	4	128
Rice flour (glutinous)*	136	9	1	8	109
Rice flour (white)*	167	10	2	8	134
Rye flour (medium)	108	10	2	4	84
Sorghum flour*	136	16	4	16	100
Soy flour (raw, defatted)*	106	50	1	19	41
Soy flour (raw, full-fat)*	90	31	19	12	32
Spelt flour (whole)	113	2	16	9	83
Tapioca flour*	125	—	—	14	104
Teff flour*	125	16	4	—	88
Triticale flour (whole-grain)	137	18	2	16	100

[†]Carb = total carbohydrates (including fibre, starches and sugars)

*generally considered gluten-free, although some grains (especially oats) are processed in mills where gluten-containing flours are also made

References: Canadian Nutrient File 2010 (<http://webprod.hc-sc.gc.ca/cnf-fce/>)
 CalorieKing (<http://www.calorieking.com>)