

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

Weight (g)	Food	Total Carb [†]	Fibre	Net Carb
119	Bisquick Mix®	78	3	75
114	Bread crumbs (white, dry)	82	5	77
178	Chocolate chips (semisweet)	113	11	102
91	Cocoa (unsweetened)	53	30	23
98	Coconut (sweetened, shredded)	47	4	43
135	Cornstarch	123	1	122
347	Corn syrup (light)	266	—	266
132	Flour (white, all-purpose, unbleached)	96	4	92
127	Flour (whole wheat)	87	11	76
358	Honey	295	—	295
356	Molasses	266	—	266
99	Oat bran (raw, dry)	66	11	55
111	Oats (old-fashioned, dry)	76	11	65
100	Oats (minute, dry)	67	9	58
252	Peanut butter (natural)	54	20	34
72	Skim milk powder (instant)	38	—	38
233	Sugar (brown, packed)	228	—	228
127	Sugar (powdered/icing, unsifted)	127	—	127
211	Sugar (white, granulated)	211	—	211
61	Wheat bran (raw)	40	26	14
122	Wheat germ (raw)	63	16	47

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

Non-Wheat Flours

For 1 Cup = 250 mL

Weight	Food	Total Carb [†]	Fibre	Net Carb
112	Almond flour*	24	12	12
193	Amaranth flour*	129	18	111
135	Arrowroot flour*	119	5	114
156	Barley flour	117	16	101
136	Bean flour, black*	88	20	68
125	Bean flour, white*	80	32	48
127	Buckwheat flour*	90	32	58
109	Carob flour*	97	9	88
97	Chickpea flour (besan, chana)*	53	10	43
80	Corn bran*	69	63	6
124	Corn flour (yellow, whole-grain)*	95	11	84
168	Corn meal (yellow, degermed)*	133	9	124
170	Flaxseed flour*	49	48	1
125	Millet flour (whole-grain)*	88	9	79
94	Oat flour (whole-grain)*	63	7	56
63	Peanut flour (low-fat)*	20	10	10
169	Potato flour*	140	16	124
170	Potato starch*	164	—	164
113	Quinoa flour*	72	8	64
125	Rice bran*	62	26	36
167	Rice flour (brown)*	128	4	124
136	Rice flour (glutinous)*	109	8	101
167	Rice flour (white)*	134	8	126
108	Rye flour (medium)	84	4	80
136	Sorghum flour*	100	16	84
106	Soy flour (raw, defatted)*	41	19	22
90	Soy flour (raw, full-fat)*	32	12	20
113	Spelt flour (whole)	83	9	74
125	Tapioca flour*	104	14	90
125	Teff flour*	88	16	72
137	Triticale flour (whole-grain)	100	16	84

[†]Total 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 2015 (www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php)
CalorieKing (<http://www.calorieking.com>)