

Counting carbs in a recipe

Use the table below to check how many grams of carbs are in your favorite recipes.

1. List all the ingredients and amounts called for in the recipe
2. Use the food labels or the Food List handout to list the total grams of carbs for each ingredient. You also can calculate the amount of fat and sodium.
3. Add up the grams of carbs from all ingredients
4. Divide the total grams of carbs by the number of servings in the recipe
5. Keep a note of the total grams of carbs for each serving for your future reference

Example:



Pecan pie (makes 10 servings)

Ingredient	Amount in recipe	Grams of carbs	Grams of fat	Milligrams of sodium
Light corn syrup	1 cup	240	0	73
Eggs	3	0	5	62
Sugar substitute	¼ cup	0	0	0
Unsalted butter, melted	2 Tbsp	0	24	2
Pure vanilla extract	1 tsp	1	0	0
Pecans, coarsely chopped	1-½ cups	6	113	0
Pie crust, deep-dish	9-inch	15	5	976
TOTAL carbs, fat, and sodium		262	147	1,113
Divide total by number of servings		26	15	111

Recipe name: _____ **Servings:** _____

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TOTAL carbs, fat, and sodium				
Divide total by number of servings				