

# Carbohydrate Counting Using Your Own Recipes



Cooking homemade meals is a good way to have a healthy diet. If it is a meal or food you eat on a regular basis it is worth calculating the carbohydrate content of this to make sure you have accurate values. Alternatively, check labels of similar readymade meals to help you estimate the carbohydrate in homemade versions. There are also useful photographic reference guides, websites and apps to help you calculate the carbohydrate of your meals and foods.

To work out the amount of carbohydrate in homemade foods:

1. Write down the amount of carbohydrate each ingredient has per 100g (carbohydrate/100g).
2. Write down the weight of each used ingredient in the recipe (g).
3. Work out how much carbohydrate is in each ingredient (use the method you're familiar with).
4.  $(\text{carbohydrate per 100g} \div 100) \times \text{weight} = \text{carbohydrate}$
5. Add all the carbohydrate values together.  
**This is the total amount of carbohydrate in the whole recipe.**
6. Divide this total by the number of portions to give the amount of carbohydrate per portion.

The examples below show you how to work out the carbohydrate for two recipes.

**Sultana scones** – Makes 8 large scones

Ingredient	carbohydrate /100g	Weight	Calculation	carbohydrate/ingredient
Flour	78	200g	$(78 \div 100) \times 200$	156
Margarine	-	50g	-	-
Sugar	100	50g	$(100 \div 100) \times 50$	50
Milk	5	125ml	$(5 \div 100) \times 125$	6.25
1 medium egg	-	50g	-	-
Sultanas	69	50g	$(69 \div 100) \times 50$	34.5
<b>Whole recipe</b>				<b>246.75</b>
<b>Total carbohydrate/ scone</b>			<b><math>246.75 \div 8</math></b>	<b>30.84g</b>



**Macaroni cheese** – Serves 2

Ingredient	carbohydrate /100g	Weight	Calculation	carbohydrate/ingredient
Macaroni (uncooked weight)	75	75g	$(75 \div 100) \times 75$	56.25
Cheese	-	150g	-	-
Flour	78	40g	$(78 \div 100) \times 40$	31.2
Margarine	-	40g	-	-
Milk	5	375ml	$(5 \div 100) \times 375$	18.75
<b>Whole recipe</b>				<b>106.2</b>
<b>Total carbohydrate/ serving</b>			<b><math>106.2 \div 2</math></b>	<b>53.1g</b>



**Now try a few of your own to practise:**

**Banana loaf – Serves 10**

Ingredient	carbohydrate /100g	Weight	Calculation	carbohydrate/ingredient
Butter		125g		
Caster sugar		150g		
Self-raising flour		190g		
1 egg		50g		
Milk		60ml		
2 ripe bananas		180g		
<b>Whole recipe</b>				
<b>Total carbohydrate/ serving</b>				



**Potato and leek soup – Serves 5**

Ingredient	carbohydrate /100g	Weight	Calculation	carbohydrate/ingredient
1 tablespoon vegetable oil		15ml		
1 onion		100g		
Potatoes		250g		
2 leeks		500g		
1 litre vegetable stock		1000ml		
Single cream		150ml		
<b>Whole recipe</b>				
<b>Total carbohydrate/ serving</b>				



## Blueberry muffins – Serves 8

Ingredient	carbohydrate /100g	Weight	Calculation	carbohydrate/ingredient
Self-raising flour		195g		
Caster Sugar		150g		
vegetable Oil		80g		
1 Large Egg		60g		
Milk		80ml		
Blueberries		170g		
<b>Whole recipe</b>				
<b>Total carbohydrate/ serving</b>				



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