

Quick Baking CHO List

Ingredient	Imperial	(g)	CHO
Baking Powder	1 tsp	5 g	0 CHO
Baking Soda	1 tsp	6 g	0 CHO
Butter	1 cup	230 g	0 CHO
Buttermilk	1 cup	250 mL	12 CHO
Chocolate Chips (Semi Sweet)	½ cup	100 g	60 CHO
Cocoa Powder – Fry’s	¼ cup	20 g	0 CHO
Cocoa Powder – Hersey’s	¼ cup	20 g	4 CHO
Corn Starch	1 TBSP	8 g	7 CHO
Cream	1 cup	250 mL	0 CHO
Flour - All Purpose	1 cup	125 g	92 CHO
Flour - Whole Wheat	1 cup	130 g	76 CHO
Flour – Cloud 9 Gluten Free Mix	1 cup	152 g	108 CHO
Margarine	1 cup	230 g	0 CHO
Milk – 1%, 2%, 3.25%	1 cup	250 mL	12 CHO
Oil	1 cup	250 mL	0 CHO
Rolled Oats	1 cup	90 g	54 CHO
Stevia -Stevia in the Raw Baking	1 cup	24 g	0 CHO
Stevia – PC Brand Baking Gluten Free	1 cup	24 g	24 CHO
Sugar - Brown	½ cup	72 g	71 CHO
Sugar – Brown Packed	½ cup	110 g	107 CHO
Sugar – Brown Sugar Splenda Blend	½ TBSP	6 g	6 CHO
Sugar – Brown Sugar Splenda Blend	½ cup	96 g	96 CHO
Sugar - Granulated	1 TBSP	12 g	12 CHO
Sugar - Granulated	1 cup	200 g	200 CHO
Sugar – Powdered	½ cup	60 g	60 CHO
Vanilla	1 TSP	5 mL	0 CHO
Yeast	1 TBSP	15 mL	3 CHO