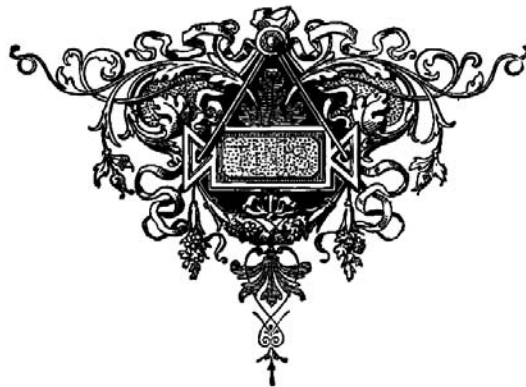


**John Kasson's Down Home
Ye Olde Iowa Metric Cookbook**



Version 2.02

The Metric Maven

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Preface

This monograph (book) was written to address a need that exists only in the United States. The rest of the world uses metric measurement, and has long ago established their habits for cooking with metric. The US is a clean slate, which actually allows us the possibility to use the metric system in the most efficient way possible.

Online recipes offer “metric conversion” of their recipes on US websites, but the conversions demonstrate the complete lack of understanding by Americans of the metric system. Rather than being less complicated than recipes using Imperial units, centiliters, deciliters, and other uncommon metric and atavistic measurements are introduced.

When I first began to explore metric cooking it took me sometime to work-out how this different way of cooking could be implemented. Now that I’ve worked my way through it (so you don’t have to) I’ve become less and less tolerant of cooking the old way. It’s just too much of a hassle.

The only two items you will need that may not be in your current kitchen is a quality digital scale, which will automatically read grams when turned on, and a digital thermometer. The scale should also have a tare function so you can zero out bowls and such when cooking. I’ve never seen a digital scale without a tare, but I mention it in case one does exist somewhere. The second item is a digital thermometer to measure the internal temperature of food.

That’s probably all you need. Because most metric cooking involves weighing ingredients, it goes faster (yes I said faster) and almost any small container in your kitchen may be used. You will need a measuring cup with milliliters now and then, but most current measurement vessels have these graduations. Your current set of measuring spoons generally have milliliters stamped on them, so you’re ready to go after purchasing a digital scale and thermometer.

The use of the scale and thermometer are discussed in Chapter 1. Using weight and temperature measurement allows your recipes to be much more consistent, and successful. Using volume measurement for flour, as most in the US do, adds a lot of uncertainty. This is because the density of flour can vary considerably. When you weigh it, you have a much more accurate amount. Modern scales are accurate to a gram, which is a very precise unit. You’ll realize they are the millimeters of

weighing. If you're off by a gram or two?—no problem, it's still far more accurate than how we've been cooking the US since the Pilgrim's arrived.

Chapter 1

Metric Cooking

1.1 Mass and Volume

Cooking in the United States generally uses volume measurements. The cliché from American television programs of the 1950s and 1960s, was a nosy neighbor using the excuse that they needed to “borrow a cup of sugar,” to investigate the next door neighbor. One never heard the phrase: “I need to borrow 250 grams of sugar.” One also heard the complaint: “I followed the recipe perfectly, and this time it came out different.” There are a lot of reasons a recipe can unexpectedly change, but the use of volume instead of mass is one that can be eliminated completely. A gram is a gram—always. A cup of flour?—well how much is in the cup depends on how much mass is in the given volume. The mass in a cup of flour is different depending on if it has been sifted or not. Weighing ingredients essentially eliminates uncertainty in the amount.

I can already hear you thinking, “but weighing ingredients is more time consuming and harder than using a cup.” and “I don’t have any way to weight things.” The notion that weighing ingredients takes more time is not true. In fact weighing ingredients is much simpler, much more accurate, and faster than using traditional volumes such as, cups, pints, quarts, gallons and so on. Yes, it is true you will have to invest in a nice digital scale for \$50.00 to \$100.00, but they are well worth it, and if you continue reading, you will realize that this small investment gives you the ability to more readily control your energy intake (Kilojoules/Calories). It can also save you money by allowing you to more effectively gauge the amount of food you need in general.

When you purchase a scale I recommend one with a digital readout, that can be set to “wake-up in grams,” has a stainless steel flat surface, and of course a tare function. “A tare function?—what is that?” you might ask. It’s really simple. If you place a cup, saucer, coffee mug, empty tick-tac box, or other empty container on the scale, you can press the tare button, and it will automatically subtract the mass of the container and read zero grams again. Why is it called a tare function? The plural *tares* is from middle English, and means “an unwelcome or objectionable element.” Indeed that is true, the weight of the container is unwelcome. The modern definition is: “The weight of a container or wrapper that is deducted from the gross weight to obtain net weight.” Modern digital scales easily can do this—provided you start with an empty container.

The US Metric Association Newsletter (Sept-Oct 2012) reported:

Asked for his best culinary tip for the home cook, Jonathan Eng of Le Pain Quotidien restaurant in Newport Beach CA says, “Buy a digital scale. Measure ingredients by weight, not volume, and use the metric system.” He was interviewed by *OC Weekly*, an Orange County CA publication.

During the 2020 Covid-19 Pandemic, grocery store shelves were emptied, and common cooking ingredients were very difficult to obtain. All Purpose Flour was one item which was next to impossible to obtain, yet, the shelves contained boxes of Cake Flour. Cake Flour is essentially All Purpose Flour with a different density. Americans would say it has been “sifted.” If a person uses the same weight of Cake Flour, say 300 grams, as is called out in a recipe with All Purpose flour, then the conversion is 1:1 by mass. In other words, 300 grams of Cake Flour is the equivalent of 300 grams of All Purpose Flour, and *no conversion is needed* for substitution in a recipe.

Because Americans currently use volume in cooking recipes, 590 mL of All Purpose Flour has a mass which is equal to about 660 mL of Cake Flour. Clearly converting with volume is non-trivial, whereas with a mass scale, the substitution becomes trivial. If this were well-known in America, and mass scales were in common use, the shelves of US grocery stores would very possibly have also been cleared of Cake Flour during the pandemic.

1.2 The Use of a Modern Mass Scale

In Figure 1.1 we have an image of a scale which has a digital readout, can be set to operate to measure only grams, with a tare function. As mentioned previously, tare means “the thing deducted or rejected” which is what we want to do with any small bowls, ramekins, or containers we place on the scale. Each morning when I make coffee, I weigh the beans which I then grind for brewing. I have a small hard plastic bowl, which I place on the scale to accomplish this. First I turn on the scale, which zeros itself as shown in Figure 1.1. Next I place the small orange bowl on the scale. It weighs 61 grams. I’m not interested in measuring the bowl, but only the weight of the coffee beans for grinding. When I press the tare button, the scale automatically re-zeros, so that the weight shown will be only that of the coffee beans.



Figure 1.1: Modern scale for measuring cooking ingredients in grams, with a tare function

The small orange ramekin with its weight zeroed out by using the



Figure 1.2: Small orange ramekin which is zeroed out with the tare button and ready to measure the quantity of an ingredient in a recipe.

tare button is shown in Figure 1.2. The next step is to pour coffee beans into the bowl until it reads 25 grams. The coffee is then ground, placed into a drip coffee maker, and brewed. The coffee I purchase is Italian and comes in 250 gram tins. When I weigh out the coffee in 25 gram servings, I end up with ten pots of coffee from each can. I've done this for a considerable amount of time, and the last serving of coffee beans is always 25-27 grams in weight.

I used a ramekin to demonstrate that one can easily measure out ingredients without volume graduations, but when cooking in metric, it's often useful to also have a small ramekin type of bowl with volume measurements in mL. A glass ramekin is shown in Figure 1.4 with volume graduations of 50 mL, 125 mL and 175 mL.

When you obtain a scale, and a ramekin with volume graduations, it is instructive to use the ramekin to measure exactly 50 grams of water. Simply turn on the scale, let it zero, then put the graduated ramekin



Figure 1.3: Twenty five (25) grams of coffee measured out using a ramekin without any volume markings.

on the scale and use the tare button to zero the measurement. Then slowly pour water into the ramekin until it has a weight of 50 grams. You will note that the water is almost exactly at the 50 mL graduation line. The metric system was designed so that 50 grams of water at room temperature has a volume of 50 mL.

Should you find yourself without a measuring cup for milk or other liquids you can estimate the volume by approximately equating one gram of liquid with one gram of mass. This is not exactly the case, but would be close enough to get one by, should they not have a graduated measuring glass available.

In metric countries, it is well known that one can weigh an empty keg of beer, hit the tare switch, then replace the empty keg with a full one. The displayed mass in Kilograms is essentially equal to the volume in liters in the new keg. As it is drained, the decrease of mass tracks the

amount in liters of beer remaining, which can be monitored until it hits zero.

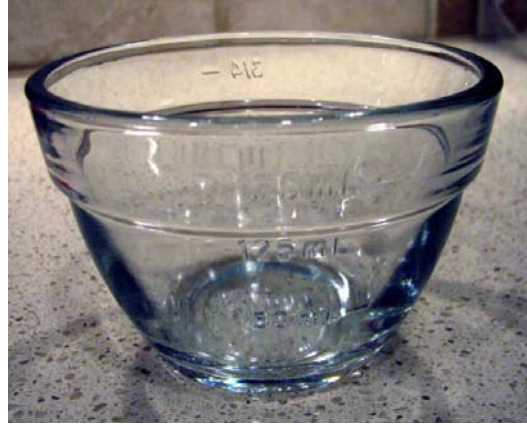


Figure 1.4: Ramekin with volume graduations of 50 mL, 125 mL and 175 mL. If one pours in 50 grams of water into the ramekin, the volume will be 50 mL.

1.3 Temperature

1.3.1 Digital Thermometer

Instant read digital thermometers are perhaps the most important item to have in a kitchen. The temperature readout is almost instantaneous, and the digital readout makes them simple to read accurately, when compared with the old alcohol, mercury, or bi-metallic types of thermometers. A digital thermometer allows one to cook a hamburger to exactly 71°C (160°F). The hamburger is cooked as little as possible to maintain flavor, and to a high enough temperature to kill any bacteria present. It is also useful for checking the temperature of pan fried chicken breasts or thick pork chops.

In the case of meat loaf, or chicken curry, one may want to monitor the internal temperature of the meat as it is being cooked in an oven or Dutch Oven. It is recommended that one purchase a digital thermometer with a probe and temperature alarm, like that found in Figure 1.6. One can set the alarm to say 68°C in the case of meat loaf, take the loaf out, and wait until the meat loaf passes 71°C to make certain all possible



Figure 1.5: Digital thermometer for determining the internal temperature of food

bacteria are eliminated. This thermometer is also good for monitoring a Thanksgiving Turkey, Kor-Bert Ham or other roast.

In most recipes, I will make an imperial exception, and place Fahrenheit temperatures in parentheses next to the Celsius. I recommend you set your digital thermometer to Celsius and give it a try. A favorite digital thermometer I use is shown in Figure 1.5. It has a button to easily switch back and forth between Celsius and Fahrenheit. I often hear the objection that the size of Celsius degrees are too big, well on most digital thermometers (including Figure 1.5) show the Celsius readout to 0.1 degrees, which is a finer resolution than the Fahrenheit readout.

I realize that most ovens in the US are probably not so easily switched from Celsius to Fahrenheit, so I include the Fahrenheit temperature to accommodate this difficulty. Most Americans don't realize how far off of the correct temperature most ovens are in the US. It is a good idea to purchase a calibration thermometer and check your oven periodically. The calibration of most ovens is off so far that the excuse of Celsius isn't accurate enough canard is a non-issue. Scientists and the rest of the planet use Celsius to cook—you can too.

Another important thermometer to own, is an infrared thermometer. (See Figure 1.7) It will tell you the temperature of a skillet surface without the need to contact it. This is very useful for making pancakes. One can heat up a griddle to about 177°C (350°F), and within two to three minutes you have a perfect golden brown pancake without trial and error. You can also check the temperature of the surface of an electric skillet.



Figure 1.6: Digital thermometer with external probe for determining the internal temperature of food inside of an oven or broiler.



Figure 1.7: Infrared Thermometer

1.4 Energy/Calories

Metric countries have a somewhat different way of dealing with the energy in food. They often present it in Kilojoules instead of Calories. A Calorie was a metric unit but has been simplified into Kilojoules which is a more exact and consistent way of expressing energy. Americans are so used to Calories that I will be using them, with Kilojoules also provided.

The other difference is the idea of describing the energy in foods in grams/100 Calories, rather than grams/Calorie. At first this may seem very odd, but in practice, it makes creating a meal with a well understood number of Calories easier than we in the US are able. Packages in the United States have nutrition information which allows one to compute the number of grams per 100 calories without difficulty.

$$\text{Grams per 100 calories for a food} = 100 \cdot \frac{\text{Number of grams in a serving}}{\text{Number of calories in that serving}}$$

We will now calculate the grams/100 calories for an egg as an example.

In Figure 1.8 we have the nutritional label for a large egg. At the top of the label is the serving size. This is always given in grams, but may also have another value associated with it. In this case, we have

ONE LARGE EGG

Nutrition Facts	
Serving Size 1 egg (50g)	
Amount Per Serving	
Calories 70	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Sat. Fat 1.5g	8%
Trans Fat 0g	
Cholest. 215mg	71%
Sodium 65mg	3%
Total Carb. Less than 1g	0%
Protein 6g	10%
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%
Not a significant source of Dietary Fiber or Sugars.	

Figure 1.8: Nutritional Label for a Large Egg

1 egg with a mass of 50 grams. This would be the serving size. Next we see that the serving size has 70 calories of energy. We can apply our formula to obtain the number of grams per 100 calories:

$$100 \cdot 50/70 = 71.4 \text{ grams (per 100 Calories)}$$

Generally, I round the number, which in this case gives us 71 grams per 100 calories. So how does the energy in an egg compare with other foods? Below is an abbreviated list of foods and their grams per 100 Calories for context. A more complete list may be found in Appendix A. We can see that an egg is similar to eating Rib eye Steak, which has 65 grams per 100 calories.

Meats

Bacon (Pan Fried)	19 g/100 Calories
Beef Bologna	32 g/100 Calories
Hamburger	35 g/100 Calories
Tuna (in oil)	51 g/100 Calories
Gyro's Meat	57 g/100 Calories
Rib eye Steak	65 g/100 Calories

Tuna (in water)	86 g/100 Calories
Ham	91 g/100 Calories
Chicken Breast	125 g/100 Calories
Bread	
Banana Bread	31 g/100 Calories
Italian Bread	37 g/100 Calories
Wonder Bread	39 g/100 Calories
Spreads	
Butter	14 g/100 Calories
Mayonnaise	15 g/100 Calories
Peanut Butter	17 g/100 Calories
Welch's Grape Jelly	40 g/100 Calories
Sour Cream	50 g/100 Calories
Misc	
Walnuts (English)	15 g/100 Calories
Lay's Potato Chips	18 g/100 Calories
Cheddar Cheese	25 g/100 Calories
Sugar (Table)	27 g/100 Calories
Flour (All Purpose)	27 g/100 Calories
Egg	71 g/100 Calories
Potato	106 g/100 Calories

The meats are arranged in order of decreasing energy content. We see that bacon has 19 grams/100 calories, this is a small amount of food. When compared with chicken, we see that one can have around nine times as much weight of chicken for 100 calories as bacon. This way of expressing energy in food immediately allows on to compare directly.

When I make a Tuna Salad Sandwich, I use Italian bread from my local bakery. I have learned to cut the bread slices and weigh them so I'm very close to 37 grams. Two slices of bread gives me 200 calories. I then

look at the value for Don Bancroft's Tuna Salad which is 70 grams/100 Calories. I put a 37 gram slice of bread on the scale and use the tare to zero, add 140 grams of Tuna Salad, and then complete the sandwich with the other slice. I now have a 400 calorie sandwich which does not taste like "diet" food.

It is generally easy to divide the grams/100 calories by two to obtain 50 calories, and again to obtain 25 calories. This makes controlling the amount of energy one eats much easier than the way Americans generally do.

Chapter 2

Crockpot Recipes

2.1 The Metric Maven's Chernobyl Chili



Ingredients:

- 500 grams of Lean Ground Beef
- 425 gram can of Kunter's Chili Beans
- 2 227 gram cans Hunt's Tomato Sauce
- 1 170 gram can Contadina Tomato Paste
- 1 Clove Garlic (Finely Chopped)
- 1 Yellow Onion (50 grams & 50 grams Chopped)
- 15 mL Ground Cumin
- 7.5 mL Oregano
- 7.5 mL Basil
- 30 mL Chili Powder
- 5 mL Salt

1. Saute 50 grams of chopped onion in a skillet with a small amount of butter (5-15 mL).
2. Reduce heat, add ground beef and 15 mL of chili powder to the skillet. Brown the ground beef with the sautéed onions and chili powder.
3. Place browned beef into a (1750 mL i.e. 1.75 Liter or larger) crock pot. Add 35-50 grams of chopped onion, 15 mL chili powder, tomato sauce, chili beans, garlic, cumin, oregano, basil and salt. Mix thoroughly.
4. Cook in crock pot on low for 6-10 hours stirring occasionally.

Optional: Serve in bowl topped with grated cheddar cheese and sour cream. Good with saltine crackers.*

Energy:

67 grams/100 Calories (1.5 Calories/gram)

16 grams/100 Kilojoules (6 Kilojoules/gram)

*This chili puts one in mind of that which was served at the now closed *Grubstake* in Ames Iowa. Greasy spoons are optional.

2.2 Beef Stroganoff



Ingredients:

1000 grams chuck roast cut into 15-25 mm cubes (stew size)
42 grams (45 mL) butter
100 grams (118 mL) minced onion (yellow)
5 mL salt
2.5 mL pepper
1 clove garlic, minced
15 mL Worcestershire Sauce
60 mL tomato sauce
450 grams sour cream

1. Melt the butter in a heavy skillet and sauté the onions, then brown the meat.
2. Transfer the contents of the skillet into your crock pot slow cooker. Then add salt, pepper, garlic, Worcestershire sauce and the tomato sauce.
3. Cover the crock pot and cook on LOW for 6 to 8 hours, or until the meat is tender.
4. Increase the temperature to HIGH and add the sour cream. Cover and cook for about 15 minutes, or until the sour cream is heated through, but *not* boiling. Serve over (American Beauty) extra wide egg noodles.

Energy:

49.8 grams/100 Calories (2.0 Calories/gram)

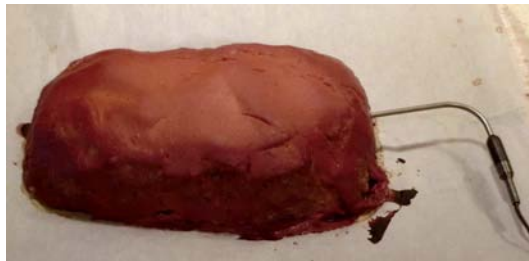
11.9 grams/100 Kilojoules (8.4 Kilojoules/gram)

These values exclude the noodles.

Chapter 3

Oven Recipes

3.1 Lake Cornelia Meat Loaf



Ingredients:

- 500 grams Ground Beef
- 1 Large Egg
- 1 package Lipton Onion Soup Mix (Dry 56.7 g)
- 250 mL Milk
- 120 grams (250 mL) dried bread crumbs (or crushed crackers)
- 5 mL Salt
- 5 mL Pepper
- 80 mL ketchup
- 20 mL Yellow Mustard
- 5 mL Worcestershire Sauce

1. Preheat oven to 175° C (350° F).
2. In a large bowl, combine the beef, egg, onion soup mix, milk, and bread (or cracker) crumbs. Season with salt and pepper. Use a 1.5

liter loaf pan to form the loaf shape. Place a sheet of parchment paper on a baking sheet, flip loaf pan over producing a free standing meat loaf. Place a remote probe thermometer into the end of the loaf. Set the alarm for 68° C (155° F).

3. Mix ketchup, mustard (Plochman's) and worcestershire sauce.
4. Pour ketchup mixture on top of formed loaf. One can use a loaf pan with waxed paper as a form if needed. Remove waxed paper after forming loaf. Use a knife to spread it over the loaf (like icing a cake). Place in oven until loaf reaches 68° C (155° F), remove loaf and it should continue to 71° C (160° F) wait 30 seconds, then serve anytime after. After 15 seconds above 71° C (160° F) one can be certain all harmful bacteria have been eliminated. Often resting loaf reaches 75° C (168° F) which is well beyond the minimum required temperature.
5. (Alternatively) Make meat loaf in 1.5 liter (lightly greased) loaf pan, pour worcestershire, mustard and ketchup glaze over the top, and bake 1 hour at 175° C (350° F)

Energy:

46 grams/100 Calories (2 Calories/gram)

11 grams/100 Kilojoules (9 Kilojoules/gram)

3.2 Farmer's Breakfast Casserole

Ingredients:

250 grams (410 mL) Frozen Shredded Hash Brown Potatoes
(Simply Potatoes Brand refrigerated)
100 grams (177 mL) Shredded cheddar cheese
175 grams (240 mL) Diced Ham
30 grams (60 mL) sliced green onions (or yellow)
4 Beaten Eggs
1 can (350 mL) Evaporated Milk
1 mL Pepper
0.5 mL Salt

1. Preheat oven to 175° C (350° F).
2. Grease a 2 liter baking dish (200 mm x 200 mm x 50 mm). Spread potatoes in bottom of the pan. Sprinkle with cheese, ham and green onion. Mix eggs, milk, pepper and salt. Pour mixture over potato mixture. (The dish may be covered and refrigerated for several hours or overnight)
3. Bake uncovered, in a 175° C (350° F) oven for 1 hour, or until center appears set. Let stand 5 minutes before serving.

Energy:

75 grams/100 Calories (1.3 Calories/gram)
18 grams/100 Kilojoules (5.6 Kilojoules/gram)



3.3 Belmont Banana Bread

Ingredients:

- 100 grams (125 mL) Butter at room temperature
- 250 grams (250 mL) Granulated Sugar
- 2 Large Eggs
- 225 grams (350 mL) All purpose flour
- 5 mL Baking Soda
- 5 mL Salt
- 250 grams (250 mL) Mashed, very ripe bananas
- 150 grams (125 mL) Sour cream
- 5 mL Vanilla extract
- 128 grams (250 mL) Black Walnuts

The recommended preparation of the bananas for this recipe is to let them ripen until their skin begins to blacken. Next freeze the bananas in a freezer for a number of days (a week to ten days is good). When the bananas thaw remove the skin and the banana will be mushy with a syrup-like liquid.

1. Preheat oven to 175° C (350° F).
2. Butter a 1.5 liter loaf pan
3. In electric mixer, fitted with a paddle attachment, cream* the

*Creaming is where one uses room temperature butter (23 C) cut into 20-25 mm cubes. Then places them in a mixing bowl with dry ingredients and beats them with the mixer until light and fluffy. This can take from 8-10 minutes

butter and sugar until it is light and fluffy. Add eggs and beat until they are incorporated.

4. In a medium bowl whisk together flour, baking soda, and salt. Add to the creamed butter mixture, and mix until the ingredients are just combined. Add bananas, sour cream, and vanilla and mix until combined. Stir in the nuts by hand and pour into the buttered pan. Caution: Do not fill the pan more than 3/4 full, otherwise it may overflow. Make a few banana bread cupcakes with the balance. Bake cupcakes 20-22 minutes.
5. Bake until a cake tester (toothpick) inserted into the center of the loaf comes out clean. This will take about 1 hour and ten minutes. Let rest in pan for 10 minutes then place loaf on a rack to cool.

Energy:

31 grams/100 Calories (3 Calories/gram)

7 grams/100 Kilojoules (14 Kilojoules/gram)

3.4 Dawn's Magic Muffins



Ingredients:

150 grams (350 mL) All Bran Buds
250 mL 2% Milk
80 mL Vegetable Oil
150 grams (150 mL) Brown Sugar
1 Large Egg
160 grams (240 mL) All purpose flour
75 grams (120 mL) Chopped Walnuts
35 grams (70 mL) Flax Seed
5 mL Baking Powder
5 mL Baking Soda
5 mL Cinnamon
5 mL Nutmeg
5 mL Cloves
2.5 mL Salt
2.5 mL Vanilla

1. Preheat oven to 190° C (375° F)
2. Put All Bran Buds in a medium mixing bowl. Pour milk over the top, add vanilla, and let it soak-in.
3. Beat egg and oil together. Stir into Bran Buds and milk and blend

4. Add all dry ingredients in a bowl, mix them by hand.
5. Add dry ingredients to wet and stir until well blended and all dry ingredients are incorporated.
6. Fill muffin cups 2/3 full. Bake for 20 minutes

Energy:

32 grams/100 Calories (3.1 Calories/gram)

One 50 gram muffin = 155 Calories

7.7 grams/100 Kilojoules (13 Kilojoules/gram)

One 50 gram muffin = 650 Kilojoules

Substitute 80 mL of unsweetened apple sauce for vegetable oil and eliminate walnuts:

Energy:

49 grams/100 Calories (2.0 Calories/gram)

One 50 gram muffin = 101 Calories

3.5 Night Before Coffee Cake



Ingredients:

- 170 grams (180 mL) Butter at room temperature
- 250 grams (250 mL) Granulated White Sugar
- 125 grams (125 mL) Brown Sugar
- 2 Large Eggs
- 300 grams (475 mL) All purpose flour
- 5 mL Baking Powder
- 5 mL Baking Soda
- 2.5 mL Salt
- 5.0 mL Cinnamon
- 5.0 mL Nutmeg
- 250 grams (200 mL) Sour cream
- 65 grams (125 mL) Chopped Walnuts

1. Butter a 3.0 liter 228 mm x 330 mm cake pan
2. In electric mixer, cream[†] the butter, sugars and eggs.
3. In a medium bowl whisk together dry ingredients. Add dry ingredients to the creamed mixture, and mix until they are combined. Add sour cream and nuts. Pour into a greased 228 mm x 330 mm pan. Next make the topping

[†]Creaming is where one uses room temperature butter (23 C) cut into 20-25 mm cubes. Then places them in a mixing bowl with dry ingredients and beats them with the mixer until light and fluffy. This can take from 8-10 minutes

Topping

100 grams (180 mL) Brown Sugar
5 mL Cinnamon
65 grams (125 mL) Chopped Walnuts
56 grams (1/2 Stick) Butter

1. Crumble together ingredients. Sprinkle them over the top, cover and refrigerate overnight.
2. Next morning preheat oven to 175° C (350° F) and bake for 35-40 minutes

Energy:

25 grams/100 Calories (4 Calories/gram)
6 grams/100 Kilojoules (17 Kilojoules/gram)

3.6 Red Hot Red Velvet Cake

Ingredients:

15 mL Unsalted Butter
450 grams (830 mL) Cake Flour
50 grams (118 mL) Unsweetened Coco (not Dutch Process)
7.5 mL Salt
5 mL Cinnamon
6.25 mL Ground Chipotle Chili Powder
2.5 mL Cayenne Pepper
475 mL Canola Oil
500 grams (532 mL) Granulated White Sugar
3 Large Eggs
90 mL Red Food Coloring
7.5 mL Vanilla
300 mL Buttermilk
10 mL Baking Soda
12.5 mL White Vinegar

1. Preheat oven to 175° C (350° F). Place 5 mL of butter in each of 3 round 228 mm layer cake pans and place pans in oven for a few minutes until butter melts. Remove pans from oven, brush interior bottom and sides of each with butter and line bottoms with parchment. Alternatively, place liners in three 12 portion cupcake pans.
2. Whisk cake flour, cocoa, salt and spices in a bowl.
3. Place oil and sugar in bowl of an electric mixer and beat at medium speed until well-blended. Beat in eggs one at a time. With machine on low, very slowly add red food coloring. (Take care: it may splash.) Add vanilla. Add flour mixture alternately with buttermilk in two batches. Scrape down bowl and beat just long enough to combine.
4. Place baking soda in a small dish, stir in vinegar and add to batter with machine running. Beat for 10 seconds.
5. Divide batter among pans, place in oven and bake until a cake tester comes out clean, 40 to 45 minutes. Let cool in pans 20

minutes. Then remove from pans, flip layers over and peel off parchment. Cool completely before frosting.

6. Frost cake layers or cupcakes generously, then top with Red Hots for your Valentine.

Cream Cheese and Marscapone Frosting

475 mL Heavy Cream (Cold)
320 grams Cream Cheese (Room Temperature)
320 grams Marscapone
2.5 mL Vanilla
200 grams (350 mL) of Confectioner's Sugar
Red Hots Candies

1. Softly whip cream by hand, in electric mixer or in food processor. Cover in bowl and refrigerate.
2. Blend cream cheese and Marscapone in food processor or electric mixer until smooth. Add vanilla, pulse briefly, and add confectioners sugar. Blend well.
3. Transfer cream cheese mixture to bowl; fold in whipped cream. Refrigerate until needed.

Energy:

25 grams/100 Calories (4 Calories/gram)
6 grams/100 Kilojoules (17 Kilojoules/gram)

3.7 Best Chocolate Chip Cookies



Ingredients:

225 grams (240 mL) butter, softened
200 grams (250 mL) white sugar
220 grams (350 mL) brown sugar
375 grams all purpose flour (600 mL)
2 eggs
10 mL vanilla extract
5 mL of baking soda
10 mL of hot water
2.5 mL of salt
335 grams (475 mL) Semisweet Chocolate Chips
115 grams (240 mL) Chopped Walnuts

1. Preheat oven to 175° C (350° F)
2. Cream together the softened butter, white sugar, and brown sugar until smooth. Beat in the eggs one at a time, then stir in the vanilla. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and nuts. Drop by large spoonfuls onto ungreased pans. Preferably line the ungreased pans with baking parchment and bake cookies on the parchment surface. This minimizes (nearly eliminates) pan clean-up. The cookies also slide off with no sticking.
3. Bake for about 10 minutes in the preheated oven, or until edges are nicely browned.

Energy:

22 grams/100 Calories (5 Calories/gram)

5 grams/100 Kilojoules (21 Kilojoules/gram)

3.8 Cecilia's Peanut Butter Cookies



Ingredients:

- 125 grams (125 mL) Granulated White Sugar
- 100 grams (125 mL) Brown Sugar
- 150 grams (125 mL) Peanut Butter
- 40 grams (60 mL) Shortening (Crisco)
- 125 grams (60 mL) Butter (or Margarine), Softened
- 1 Egg
- 200 grams (300 mL) All Purpose Flour
- 3 mL Baking Soda
- 3 mL Baking Powder
- 1 mL Salt

1. Whisk flour, baking soda, baking powder and salt together
2. Mix sugars, peanut butter, shortening, butter and egg in a large bowl. Stir in the remaining ingredients. Cover and refrigerate about 2 hours or until firm.
3. Heat oven to 190° C (375° F)
4. Shape the dough into 25-30 mm balls. Place about 75 mm on ungreased cookie sheet. For no clean-up, line the cookie sheet

with baking parchment and place the dough on top. Flatten in crisscross pattern with a fork dipped in sugar.

5. Bake 10-12 minutes or until light golden brown. Cool 5 minutes, then remove from the cookie sheet. Cool on wire rack, or on top of baking parchment place on counter.

Energy:

21 grams/100 Calories (5 Calories/gram)

5 grams/100 Kilojoules (20 Kilojoules/gram)

3.9 Bizcochitos State Cookie of New Mexico



Ingredients:

300 grams (592 mL) All Purpose Flour
150 grams and 100 grams (177+118 mL) Granulated White Sugar
160 grams (237 mL) Shortening (Crisco)
2 large eggs
15 mL orange zest
7.5 mL baking powder
5 mL vanilla extract
15 mL anise seed (crushed) (10 grams)
5 mL ground cinnamon
2.5 mL salt
2.5 mL ground ginger

1. In a large bowl, cream shortening and 150 grams of sugar together until light and fluffy. Add the eggs one at a time and then the vanilla, beating until blended.
2. In another bowl, whisk flour, baking powder, ginger, crushed anise seed, orange zest, and salt together. Slowly add the dry ingredients to the shortening mixture, beating until the ingredients are

blended. Notice that this cookie dough is very stiff. As you add the last of the drying ingredients it may become necessary to knead the dough by hand.

3. Use your hands to form the dough into a log (approximately). Wrap the log in parchment paper (or wax paper). Refrigerate for 30 minutes to 1 hour.
4. After the dough is completely chilled throughout, preheat the oven to 350° F (177° C)
5. Roll the dough out to a thickness of approximately 6-7 mm. Cut cookies out using a lightly floured cookie cutter.
6. In a small bowl, mix the remaining sugar and cinnamon. Sprinkle *plenty* of combined cinnamon and sugar on top of the cookies.
7. Bake in batches on a parchment-lined cookie sheet for 12-14 minutes. When done the cookies will be slightly golden at their edges and on their bottom. Remove and cool.

Energy:

24 grams/100 Calories (4 Calories/gram)

6 grams/100 Kilojoules (18 Kilojoules/gram)

3.10 Ginger Cookies



Ingredients:

300 grams (592 mL) All Purpose Flour
10 mL ground ginger
5 mL cardamom
5 mL baking soda
5 mL ground cinnamon
2.5 mL ground cloves
2.5 mL salt
165 grams (178 mL) unsalted butter, softened
200 grams (237 mL) granulated white sugar
1 egg
15 mL water
60 mL unsulfured molasses
25 grams granulated white sugar

1. Preheat oven to 350° F (175° C)
2. In a bowl whisk together the flour, ginger, baking soda, cinnamon, cloves, cardamom, and salt. Set aside.
3. In a large bowl, cream together[‡] the 165 grams butter and 200

[‡]Creaming is where one uses room temperature butter (23° C) cut into 20-25 mm cubes. Then places them in a mixing bowl with dry ingredients and beats them with the mixer until light and fluffy. This can take from 8-10 minutes

grams of sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir in the dry ingredients into the mixture.

4. Shape the dough into walnut sized balls and roll them in the 25 grams of sugar set aside for this purpose. Place the cookies 50 mm apart onto a cookie sheet with parchment paper lining.
5. Bake 8 to 10 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing them to a wire rack to cool completely. Store in an airtight container.

Energy:

25 grams/100 Calories (4 Calories/gram)

6 grams/100 Kilojoules (16.7 Kilojoules/gram)

3.11 Corn Flake Cookies

Ingredients:

335 grams (475 mL) Flour
5 mL Salt
240 grams (300 mL) Shortening (Crisco)
200 grams (250 mL) brown sugar
200 grams (250 mL) white sugar
250 grams (475 mL) Flaked Coconut
5 mL Baking Soda
2.5 mL Baking Powder
2 Eggs, well beaten
5 mL Vanilla
75 grams (475 mL) Corn Flakes

1. Preheat oven to 350° F (175° C)
2. In a bowl whisk together the flour, baking soda, salt, and baking powder. Set aside.
3. In a large bowl, cream together the shortening, with the white and brown sugar until light and fluffy. Beat in the eggs, and vanilla extract. Add the dry ingredients to the to the creamed mixture. Next add the coconut and corn flakes.
4. Drop the dough by small teaspoons, 40-50 mm apart, onto a cookie sheet with parchment paper lining. If no parchment paper is available use greased cookie sheet.
5. Bake 8 to 10 minutes until light brown for a chewy cookie, or golden brown for a crispy cookie. Store in an airtight container.

Energy:

22 grams/100 Calories (5 Calories/gram)
5 grams/100 Kilojoules (19 Kilojoules/gram)

3.12 Oatmeal Scotchies (Cookies)

Ingredients:

200 grams butter, softened
175 grams (200 mL) granulated white sugar
175 grams (200 mL) brown sugar
2 (two) large eggs
5 mL vanilla extract
200 grams (300 mL) All purpose flour
5 mL baking soda
2.5 mL salt (optional)
300 grams (700 mL) Quaker Oats (Old Fashioned)
300 grams (395 mL) Nestle Tool House Butterscotch Flavor Morsels

1. Preheat oven to 375° F (190° C)
2. In a bowl whisk together the flour, baking soda, and salt (mix well). Set aside.
3. In a large bowl, cream together the 200 grams butter and 175 grams of white and brown sugar until light and fluffy. Beat in the eggs, and vanilla extract. Gradually add the mixed dry ingredients into the mixture. Add the oats and morsels, mix well
4. Drop the dough by level tablespoons onto a cookie sheet with parchment paper lining. If no parchment paper is available use ungreased cookie sheet.
5. Bake 7 to 8 minutes for a chewy cookie or 9 to 10 minutes for a crisp cookie. Allow cookies to cool on baking sheet for 2 minutes before removing them to a wire rack to cool completely. Store in an airtight container.

Energy:

27 grams/100 Calories (4 Calories/gram)
7 grams/100 Kilojoules (16 Kilojoules/gram)

Chapter 4

Sandwich Recipes

4.1 Don Bancroft's Tuna Salad



Ingredients:

- 181 grams Chunk Light Tuna
- 25 grams Green Bell Pepper
(Diced/Chopped 5-10 mm)
- 25 grams Yellow Onion
(Diced/Chopped 5-10 mm)
- 29 grams Best Foods Mayonnaise (or Hellmann's)
- 2.5 mL Morton's Nature's Seasonings (optional)

1. In a medium sized bowl combine tuna, bell pepper, onion, mayonnaise and seasoning. Mix well. For best taste refrigerate for 4 or more hours to allow the seasoning and ingredients to distribute

themselves. Sandwich on Italian bread or toast is a good taste combination.

Serving suggestion: Lightly toast slices of bread, place tuna salad on top of the bread, then cover with a slice of cheddar cheese. Broil for 30 seconds to a minute (or until cheese is melted)

Energy:

70 grams/100 Calories (1.4 Calories/gram)

17 grams/100 Kilojoules (6 Kilojoules/gram)

4.2 Egg Salad



Ingredients:

Six (6) hardcooked eggs
100 grams (80 mL) mayonnaise
35 grams chopped yellow onion
15 mL yellow mustard
5 mL garlic powder
10 mL black pepper
5 mL Salt
Paprika

Boiling Eggs:

Eggs should be treated gently when boiling them. Place the six eggs in a pot and cover them with cold water. The water should cover the eggs by about 25 mm or so. Add 15 mL of white vinegar. Turn on the heat under the pot to medium high. Monitor the water temperature with a cooking thermometer. You will note that bubbles will form long before the water reaches at least 90 degrees Celsius (194° F). This can take ten minutes or more. After the water is 90° C (195° F) or greater, turn the heat as low as it will go and cover the pot. Leave it alone to simmer for 15 minutes, then remove from the heat and drain. Cover with

cold water and ice. Let cool for 15 minutes, or until the eggs are good and cold. When this is done properly you should have cooked whites, and solid yolks without a green ring. This should work for any altitude.

Next:

1. Chop the eggs into 5-10 mm pieces
2. Add the mayonnaise, onion, mustard, garlic powder and pepper. Stir until combined. Sprinkle top with paprika. Chill for several hours.
3. Serve on Denver Bread Company bread for sandwiches

Energy:

58 grams/100 Calories (1.7 Calories/gram)

290 grams = 500 Calories

14 grams/100 Kilojoules (7 Kilojoules/gram)

4.3 P&G Chicken Salad



Ingredients:

Olive Oil
Kosher Salt
Ground Pepper
2 split (1 whole) chicken breast boneless/skinless (400 grams)
75 grams of Best Foods Mayonnaise
70 grams of chopped celery
20 grams of chopped yellow onion
5 mL of Morton's Nature's Seasonings or pepper

1. Preheat oven to 177° C (350° F)
2. Place the chicken breasts on a sheet pan and rub them with olive oil. Sprinkle breasts with salt and pepper. Roast for 35 to 40 minutes until chicken is cooked through. The chicken should have an internal temperature of 83° C (180° F).
3. Let the chicken cool, tear the cooled chicken into small pieces by hand. Do not use a food processor or cut into cubes, you will get chicken mush or rubber bricks. Place the hand torn chicken in a bowl and add the celery, green onion, yellow onion, mayonnaise and 5 mL of Nature's Seasonings.
4. Serve on favorite bread as a sandwich. A slice of swiss cheese is a good (optional) complement.

Energy:

69 grams/100 Calories (1.5 Calories/gram)

138 grams = 200 Calories

16 grams/100 Kilojoules (6 Kilojoules/gram)

4.4 Kor-Bert Ham Salad

Ingredients:

225 grams Kor-Bert Ham Diced Small*
100 grams Shredded Cheddar Cheese
70 grams Yellow Onion chopped fine
25 grams (25 mL) Yellow Mustard
90 grams (100 mL) Best Foods Mayonnaise

1. In a medium bowl mix ingredients thoroughly. Allow to sit for an hour or more for flavors to combine.
2. Serve on bread or toast. A serving alternative is to lightly toast your favorite bread, cover the top of each slice with ham salad, and then broil for 30 seconds to one minute (until cheese bubbles).

Energy:

41 grams/100 Calories (2.4 Calories/gram)
82 grams = 200 Calories
10 grams/100 Kilojoules (10 Kilojoules/gram)

*Every Iowan should know that Kor-Bert ham is the best ham available. It is so good that one should only use leftovers for Ham Salad

Chapter 5

Stovetop Recipes

5.1 Dawn Patterson's Hamburger Hash



Ingredients:

567 grams 80% Lean Ground Beef
800 grams Two Medium Sized Russet Burbank Potatoes.
Peeled and washed then diced into small 15-20 mm cubes.
50 grams Yellow Onion (Diced/Chopped 5-10 mm)

1. Brown the hamburger in a large frying pan
2. Combine hamburger with potatoes and chopped onions.
3. Add 250 mL of water.
4. Cover and simmer for 30-35 minutes or until the potatoes are done.

Energy:

58 grams/100 Calories (1.7 Calories/gram)

290 grams = 500 Calories

14 grams/100 Kilojoules (7 Kilojoules/gram)

5.2 Potato Soup



Ingredients:

Two large (350-400 g) peeled diced Russet potatoes
50 grams (60 mL) chopped yellow onion (Diced/Chopped 1-5 mm)
50 grams butter
30 grams (60 mL) cornstarch
500 mL milk
5 mL salt
5 mL ground pepper

1. Peel and dice the potatoes into 20 mm pieces. Begin boiling the potatoes in water. (Boil 35-45 minutes or until done)
2. Cook the onions in the butter in a saucepan for 5-7 minutes on medium high
3. Add milk, cornstarch, salt, pepper to the onions and butter to produce a white sauce.
4. Heat the white sauce on medium to medium low and stir until desired thickness is obtained, then turn the heat down to minimum. When the potatoes are just done, drain them in a colander and add to the white sauce.

Energy:

100 grams/100 Calories (1 Calories/gram)

500 grams = 500 Calories

21 grams/100 Kilojoules (5 Kilojoules/gram)

5.3 Pierre's Scrambled Eggs

Ingredients:

Three (3) Large Eggs
45 mL whole milk (15 mL per egg)
15 grams (30 mL) cornstarch (10 mL per egg)
Salt to season
42 grams (45 mL) unsalted butter (14 grams per egg)

1. First, crack three eggs into a medium bowl
2. In a separate bowl, evenly whisk together the milk and cornstarch until it's lump-free. (don't mix them directly into the eggs or lumps will appear).
3. Add the milk and cornstarch mixture to your eggs, and beat until smooth. Season with salt. (Pierre recommends one use half and half in place of the milk. He also adds a little MSG and pepper)
4. Heat a non-stick skillet over high heat until hot, then add the butter (it should sizzle right away). Wait until the butter is melted and bubbly, but before it browns...
5. Add the beaten eggs. Wait for three (3) seconds without stirring, until the edges of the eggs start to bubble up
6. Begin stirring the eggs until they still appear slightly moist, then transfer them to a plate. The addition of cornstarch makes it very difficult to overcook the eggs and keeps them moist.

Energy:

100 grams/100 Calories (1 Calories/gram)
500 grams = 500 Calories
25 grams/100 Kilojoules (4 Kilojoules/gram)

5.4 Pancakes From Scratch



Ingredients:

200 grams All Purpose Flour
30 grams (30 mL) Sugar
35 grams (45 mL Baking Powder (Three 15 mL spoons))
1 Egg
300 mL Milk
5 mL Vanilla Extract
60 grams melted butter

1. Pre-heat your griddle (or skillet) to medium-high heat 177° C (350° F)*
2. To make your batter you will need two mixing bowls
3. Mix dry ingredients, flour, sugar, salt and baking powder together with a whisk in one bowl.
4. In a second bowl, whisk together the wet ingredients, milk, butter, and vanilla.

*Use an infrared thermometer to check the temperature of the griddle.

5. Add the flour mixture into the wet mixture. Gently mix together until combined but do not over stir, some lumps are completely normal. Over-stirring will result in too much gluten build up and your pancakes wont be airy or fluffy.
6. Use a measuring cup to measure out 60 mL of pancake batter. Add a scoop of the batter to the griddle, spreading slightly if needed gently into a circle. Continue scooping the batter until the griddle/skillet is full.
7. Cook pancakes about 2-3 minutes on each side. Most importantly you will want to flip your pancakes when you start seeing little air bubbles starting to pop in the center of each pancake, that is when you should flip.
8. Serve with butter and syrup

Energy:

42 grams/100 Calories (2.4 Calories/gram)

11 grams/100 Kilojoules (9.5 Kilojoules/gram)

5.5 Rosa's Sugar Tortillas



Ingredients:

325 grams (500 mL) Flour
125 grams Sugar
2.5 mL Baking Powder
125 mL Shortening
1 Egg
75 mL Milk
5 mL Vanilla Extract

1. In a large bowl, mix flour, sugar, and baking powder. Add shortening and mix well, working the dough with your hands. Add egg, milk, and vanilla. Knead until the dough is smooth but not sticky.
2. Divide the dough into 24 small, round pieces (about 24 grams). Press with tortilla press until 75 mm wide and 5-6 mm thick. (The width of an average woman's hand is about 80 mm, that of a man's is about 100 mm.) One can alternatively form them using their hand.
3. Cook over medium heat on un-greased griddle about 1 minute, turn them with a spatula, and cook them for about another minute. Tortilla should be nicely browned on both sides.
4. Place on a wire rack to cool. Sugar tortillas are soft when warm but harden to crisp when cool. Store in a tin 3-4 days.

Energy:

26 grams/100 Calories (3.85 Calories/gram)

100 grams = 385 Calories

6.25 grams/100 Kilojoules (16 Kilojoules/gram)

5.6 April Masché's Chicken Curry



Ingredients:

- 900-1100 grams chicken (breasts)
 - 5 mL salt
 - 50 mL vegetable oil
 - 225g (350 mL) chopped onion
 - 15 mL chopped garlic
 - 7.25 mL graded fresh ginger root
 - 5 mL cumin
 - 5 mL tumeric
 - 5 mL coriander
 - 2.5 mL red pepper (cayenne)
 - 1.25 mL fennel seed (ground)
 - 120 mL water
 - 240 mL chopped fresh tomatoes
 - 30 mL chopped fresh coriander (optional)
 - 350 mL (400 g) plain yogurt
 - 15 mL lemon juice
 - 15 mL Garam Masala (which is made using equal parts cinnamon, cardamom, cumin, cloves, coriander, black pepper.)
- cashews and raisins to sprinkle on prepared dish when on plate.
- Basmati Rice

1. Quickly fry chicken in *hot oil* (300° F or 150° C for about 3 minutes per side) until it browns, then transfer it to a plate. This is just a quick browning. Overcooked chicken breasts will become rubbery and lose taste. (One may optionally chop the chicken breasts in to 40-50 mm pieces after frying)
2. Add onions, garlic and ginger to the remaining oil. Fry until golden brown. (a Dutch Oven is best used for this recipe)
3. Then reduce heat and add cumin, tumeric, coriander, red pepper, fennel and 15 mL of water. Stirring constantly fry 1 minute. Add tomatoes, fresh coriander, yogurt and salt to taste.
4. Add chicken and lemon juice to the juice, and add remaining (105 mL) of water. Bring to a boil, turn chicken to coat it evenly. Sprinkle with Garam Masala.
5. Reduce heat, cover tightly, and simmer. Monitor breast temperature with an instant read thermometer until they just reach (72-83 C) 160-180 F or(30-35 minutes). Serve immediately. Chicken breasts will become tough if overcooked.
6. Serve chicken sprinkled with raisins and cashews on a bed of Basmati rice. (keep in mind the rice takes about 20 minutes to cook)

Energy:

There is no energy calculation as it is very hard to determine. The chicken is similar to that of chicken breasts. (125 grams/100 calories). Plain yogurt is (164 grams/100 calories), so the dish has the potential to be very low calorie. The addition of Cashews (18 g/100 calories), Raisins (34 g/100 calories) and rice (90 g/100 calories when cooked) can increase the calorie density.

Chapter 6

Side Dishes

6.1 Waldorf Salad



Ingredients:

- 400 grams (3 apples)
- 150 grams celery
- 100 grams chopped walnuts
- 75 grams of Best Foods mayonaise

1. Cut the apples and celery into 20-25 mm sized pieces.
2. In a large bowl, combine the apples, celery, walnuts and mayonaise.
Salt to taste

Energy:

52 grams/100 Calories (1.93 Calories/gram)

13 grams/100 Kilojoules (7.71 Kilojoules/gram)

Appendix A

Grams/100 Calories in Food

Meats

Bacon (Pan Fried)	19 g/100 Calories
Pepperoni	22 g/100 Calories
Pork Sausage	30 g/100 Calories
Beef Bologna	32 g/100 Calories
Hamburger	35 g/100 Calories
Chuck Roast	42 g/100 Calories
Tuna (in oil)	51 g/100 Calories
Pork Loin (Roasted)	51 g/100 Calories
Beef T-loin Fillet	56 g/100 Calories
Gyro's Meat	57 g/100 Calories
Rib eye Steak	65 g/100 Calories
Pastrami (Beef)	68 g/100 Calories
Tuna (in water)	86 g/100 Calories
Ham	91 g/100 Calories
Turkey Breast	93 g/100 Calories
Chicken Breast	125 g/100 Calories

Bread

Banana Bread	31 g/100 Calories
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Italian Bread	37 g/100 Calories
Wonder Bread	39 g/100 Calories
Spreads	
Butter	14 g/100 Calories
Mayonnaise	15 g/100 Calories
Salad Dressing	38 g/100 Calories
Peanut Butter	17 g/100 Calories
Welch's Grape Jelly	40 g/100 Calories
Cream Cheese	39 g/100 Calories
Sour Cream	50 g/100 Calories
Dairy	
Cheddar Cheese	25 g/100 Calories
Swiss Cheese	26 g/100 Calories
Egg	71 g/100 Calories
Cottage Cheese	94 g/100 Calories
Nuts	
Walnuts (English)	15 g/100 Calories
Cashews	18 g/100 Calories
Cereal	
All Bran Buds	38 g/100 Calories
Fruit	
Apple	192 g/100 Calories
Vegetables	
Celery	660 g/100 Calories
Misc	
Crisco	11 g/100 Calories

Crisco (Veg. Oil)	12 g/100 Calories
Lay's Potato Chips	18 g/100 Calories
Sugar (Table)	27 g/100 Calories
Sugar (Brown)	27 g/100 Calories
Flour (All Purpose)	27 g/100 Calories
Flax Seed	19 g/100 Calories
Potato	106 g/100 Calories
Bailey's Irish Cream	39 g/100 Calories
Milk	188 g/100 Calories

Appendix B

Milliliters/100 Calories in Food

	Oils	
Vegetable Oil		13 mL/100 Calories
2% Milk		185 mL/100 Calories

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