

# SAMPLE

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## *Ingredients by Nutrient*

Servings per Recipe: 30 Serving Size: 2 c

Sample Recipe Collection  
 Chocolate Chip Cookies

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		kcal	159	<i>Total</i>
<b><i>Calories</i></b>		4772		
Egg, yolk, raw, fresh	2 large	109.48	3.65	2.29%
Butter, without salt	1 cup	1627.59	54.25	34.11%
Vanilla extract	1 tsp	12.10	0.40	0.25%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	622.05	20.74	13.04%
Sugars, granulated	0.75 cup	580.50	19.35	12.16%
Wheat flour, white, all-purpose, enriched, 38.14% bleached	4 cup	1820.00		60.67

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		g	6.60	<i>Total</i>
<b><i>Fat</i></b>		198.04		
Egg, yolk, raw, fresh	2 large	9.02	0.30	4.55%
Butter, without salt	1 cup	184.12	6.14	92.97%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 2.47% bleached	4 cup	4.90		0.16

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		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
				<i>Total</i>
<b>Saturated Fat</b>		g	120.64	4.03
Egg, yolk, raw, fresh	2 large	3.25	0.11	2.69%
Butter, without salt	1 cup	116.61	3.89	96.66%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.65% bleached		4 cup	0.78	0.03

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
				<i>Total</i>
<b>Trans Fat</b>		g	5.15	0.17
Egg, yolk, raw, fresh	2 large	0.00	0.00	0.00%
Butter, without salt	1 cup	5.15	0.17	100.00%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.00% bleached		4 cup	0.00	0.00

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
				<i>Total</i>
<b>Cholesterol</b>		mg	907.61	30.26
Egg, yolk, raw, fresh	2 large	419.56	13.99	46.23%
Butter, without salt	1 cup	488.05	16.27	53.77%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.00% bleached		4 cup	0.00	0.00

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		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
<b>Sodium</b>		mg	1375	46
				<b>Total</b>
Egg, yolk, raw, fresh	2 large	16.32	0.54	1.19%
Butter, without salt	1 cup	24.97	0.83	1.82%
Vanilla extract	1 tsp	0.38	0.01	0.03%
Leavening agents, baking soda	1 tsp	1258.56	41.95	91.53%
Sugars, brown	0.75 cup, packed packed	64.35	2.14	4.68%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.73% bleached		4 cup	10.00	0.33

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
<b>Carbohydrates</b>		g	694.00	23.13
				<b>Total</b>
Egg, yolk, raw, fresh	2 large	1.22	0.04	0.18%
Butter, without salt	1 cup	0.14	0.00	0.02%
Vanilla extract	1 tsp	0.53	0.02	0.08%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	160.59	5.35	23.14%
Sugars, granulated	0.75 cup	149.97	5.00	21.61%
Wheat flour, white, all-purpose, enriched, 54.98% bleached		4 cup	381.55	12.72

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
<b>Diet Fiber</b>		g	13.50	0.45
				<b>Total</b>
Egg, yolk, raw, fresh	2 large	0.00	0.00	0.00%
Butter, without salt	1 cup	0.00	0.00	0.00%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 100.00 bleached		4 cup	13.50	0.45

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		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
<b>Total Sugar</b>				<b>Total</b>
	g	310.82	10.36	
Egg, yolk, raw, fresh	2 large	0.19	0.01	0.06%
Butter, without salt	1 cup	0.14	0.00	0.05%
Vanilla extract	1 tsp	0.53	0.02	0.17%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	158.75	5.29	51.07%
Sugars, granulated	0.75 cup	149.86	5.00	48.21%
Wheat flour, white, all-purpose, enriched, 0.43% bleached		4 cup	1.35	0.04

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
<b>Sugar Alcohol</b>				<b>Total</b>
	g	0.00	0.00	
Egg, yolk, raw, fresh	2 large	0.00	0.00	0.00%
Butter, without salt	1 cup	0.00	0.00	0.00%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.00% bleached		4 cup	0.00	0.00

		<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
<b>Protein</b>				<b>Total</b>
	g	58.97	1.96	
Egg, yolk, raw, fresh	2 large	5.39	0.18	9.14%
Butter, without salt	1 cup	1.93	0.06	3.27%
Vanilla extract	1 tsp	0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp	0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed	0.00	0.00	0.00%
Sugars, granulated	0.75 cup	0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 87.59% bleached		4 cup	51.65	1.72

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			<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		mg			<i>Total</i>
<b>Vit C</b>					
Egg, yolk, raw, fresh	2 large		0.00	0.00	0.00%
Butter, without salt	1 cup		0.00	0.00	0.00%
Vanilla extract	1 tsp		0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp		0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed		0.00	0.00	0.00%
Sugars, granulated	0.75 cup		0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.00% bleached			4 cup	0.00	0.00

			<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		IU			<i>Total</i>
<b>Vit A</b>					
Egg, yolk, raw, fresh	2 large		490.28	16.34	7.96%
Butter, without salt	1 cup		5672.73	189.09	92.04%
Vanilla extract	1 tsp		0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp		0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed		0.00	0.00	0.00%
Sugars, granulated	0.75 cup		0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.00% bleached			4 cup	0.00	0.00

			<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		mcg_ RAE			<i>Total</i>
<b>Vit A</b>					
Egg, yolk, raw, fresh	2 large		129.54	4.32	7.70%
Butter, without salt	1 cup		1552.68	51.76	92.30%
Vanilla extract	1 tsp		0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp		0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed		0.00	0.00	0.00%
Sugars, granulated	0.75 cup		0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 0.00% bleached			4 cup	0.00	0.00

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			<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		mg	315.55	10.53	<i>Total</i>
<b>Calcium</b>					
Egg, yolk, raw, fresh	2 large		43.86	1.46	13.90%
Butter, without salt	1 cup		54.48	1.82	17.27%
Vanilla extract	1 tsp		0.46	0.02	0.15%
Leavening agents, baking soda	1 tsp		0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed		140.25	4.68	44.45%
Sugars, granulated	0.75 cup		1.50	0.05	0.48%
Wheat flour, white, all-purpose, enriched, 23.77% bleached			4 cup	75.00	2.50

			<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		mg	27.36	0.91	<i>Total</i>
<b>Iron</b>					
Egg, yolk, raw, fresh	2 large		0.93	0.03	3.40%
Butter, without salt	1 cup		0.05	0.00	0.18%
Vanilla extract	1 tsp		0.01	0.00	0.04%
Leavening agents, baking soda	1 tsp		0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed		3.15	0.11	11.51%
Sugars, granulated	0.75 cup		0.02	0.00	0.07%
Wheat flour, white, all-purpose, enriched, 84.80% bleached			4 cup	23.20	0.77

			<i>Nutrient Total</i>	<i>Serving</i>	<i>% of</i>
		g	2.01	0.07	<i>Total</i>
<b>Alanine</b>					
Egg, yolk, raw, fresh	2 large		0.28	0.01	13.93%
Butter, without salt	1 cup		0.07	0.00	3.48%
Vanilla extract	1 tsp		0.00	0.00	0.00%
Leavening agents, baking soda	1 tsp		0.00	0.00	0.00%
Sugars, brown	0.75 cup, packed packed		0.00	0.00	0.00%
Sugars, granulated	0.75 cup		0.00	0.00	0.00%
Wheat flour, white, all-purpose, enriched, 82.59% bleached			4 cup	1.66	0.06