



Find the Calories and Fat Grams in a Recipe

1. Find the calories and fat grams in each ingredient.
2. Add the total calories and grams of fat in the recipe.
3. Divide the sum by the number of servings to find the calories and fat grams for each serving.

Example - Beef Stew (source: American Heart Association)

Ingredient	Amount Used	Calories	Fat Grams
Bottom round beef roast	1 pound	685	30
Russet potato	1 large	285	0
All-purpose flour	¼ cup	115	0
Sweet potato, cubed	2 cups	230	0
Carrots, sliced	2 cups	100	1
Frozen pearl onions	10 ounces	110	0
Low-sodium beef broth	14.5 ounces	66	2
Diced tomatoes	14.5 ounces	66	1
Frozen peas	10 ounces	200	1
Total in full recipe:		1857	35
Divide each total by the number of servings the recipe makes:		÷ 6	÷ 6
Amount per serving:		310	6

Recipe name: _____

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Total in full recipe:			
Divide each total by the number of servings the recipe makes:		÷	÷
Amount per serving:			