



Cookie Count

The recipe below makes 4 dozen cookies. Using the given information, determine how many calories, grams of fat, milligrams of sodium and grams of carbohydrates one cookie has.

Ingredient	Amount	Calories	Fat (g)	Sodium (mg)	Carbohydrates (g)
Flour	2 1/2 cups				
Baking soda	1 teaspoon				
Salt	1 teaspoon				
Margarine	1 cup				
Granulated Sugar	3/4 cup				
Brown Sugar	3/4 cup				
Vanilla	1 teaspoon				
Water	1/2 teaspoon				
Eggs	2				
Chocolate Chips	12 oz				
TOTAL					

One Cookie

Calories	Fat (g)	Sodium (mg)	Carbohydrates (g)

Nutritional Table

Ingredient	Amount	Calories	Fat (g)	Sodium (mg)	Carbohydrates (g)
Flour	1 cup	400	1	0	87
Baking soda	1 teaspoon	0	0	435	1
Salt	1 teaspoon	0	0	2132	0
Margarine	1 tablespoon	100	11	95	0
Granulated Sugar	1 cup	770	0	5	199
Brown Sugar	1 cup	820	0	97	212
Vanilla	1 teaspoon	10	0	0	0
Water	1 teaspoon	0	0	0	0
Eggs	1	75	5	63	1
Chocolate Chips	1 oz	143	8	25	18

Hints: 3 teaspoons = 1 tablespoon, 4 tablespoons = 1/4 cup, 16 tablespoons = 1 cup

Name: _____

Period: _____