

# Nutrient Analysis of Egg Waffle

## Step 1 Ingredient list and number of servings (information obtained from recipe)

Number of servings:	3
<b>Ingredients</b>	<b>Amount</b>
Egg	3
Sugar	½ cup
Oil	6 Tbsp
Low gluten flour	¼ cup
Baking powder	2 tsp

## Step 2 Convert the unit of ingredients

Ingredients	Amount in recipe	Corresponding unit in database (i.e. in grams)	Remark
Egg	3	150	According to USDA National Nutrient Database, 1 large egg equals to 50 g
Sugar	½ cup	100	According to USDA National Nutrient Database, 1 cup granulated sugar equals to 200 g
Oil	6 Tbsp	84	According to USDA National Nutrient Database, 1 Tbsp oil equals to 14 g
Low gluten flour	¼ cup	31.25	According to USDA National Nutrient Database, 1 cup flour equals to 125 g
Baking powder	2 tsp	10	According to USDA National Nutrient Database, 1 tsp baking powder equals to 5 g

## Step 3 Nutritional profile for each ingredient

## Step 4 Summation of nutritional profile for all ingredients

## Step 5 Divided by number of servings

Step 3

Step 4

Step 5

Energy/nutrient	Unit	Egg, whole, raw, fresh (蛋(全隻, 生, 新鮮)) <sup>A</sup>		Sugars, granulated (砂糖) <sup>A</sup>		Canola oil (芥花籽 油) <sup>A</sup>		Wheat flour, white, cake, enriched (低筋小麥白麵粉(添加)) <sup>A</sup>		Baking powder <sup>B</sup> (發粉)		Total (3 servings)	Nutritional profile of each serving
		100 g	150 g	100 g	100 g	100 g	84 g	100 g	31.25 g	100 g	10 g		
Energy	kcal	143	214.5	387	387	900	756	362	1310.44	10	1	2669	890
Protein	g	12.57	18.855	0.00	0	0.00	0	8.20	29.684	0.01	0.001	48.5	16.2
Carbohydrates	g	0.78	1.17	99.98	99.98	0.00	0	78.03	282.469	4.69	0.469	384.1	128.0
Total fat	g	9.94	14.91	0.00	0	100.00	84	0.86	3.1132	0.04	0.004	102.0	34.0
Dietary fibre	g	0.0	0	0.0	0	0.0	0	1.7	6.154	0.2	0.02	6.2	2.1
Calcium	mg	53	79.5	1	1	0	0	14	50.68	433	43.3	174	58
Vitamin C	mg	0.0	0	0.0	0	N/A	N/A	0.0	0	0.0	0	0	0

#### Result:

One serving of egg waffle provides:

Energy	890 kcal
Protein	16.2 g
Carbohydrates	128.0 g
Total fat	34.0 g
Dietary fibre	2.1 g
Calcium	58 mg
Vitamin C	0 mg

#### Sources:

A Food Nutrient Finder. Retrieved from <https://www.cfs.gov.hk/english/nutrient/searchmenu.php>

B Get Ready for FoodData Central, a New USDA Food and Nutrient Data System. Retrieved from <https://ndb.nal.usda.gov/ndb/>