

Toll House Cookie Count

You have just been hired as a reporter for the local paper. Your first assignment is to figure out the nutritional value of the ingredients in the Toll House cookie recipe below. This recipe makes 100 cookies. To complete your assignment, you will need the conversion information at the bottom of this page and the nutritional data on the next page.

Ingredient	Amount	Calories	Fat (g)	Sodium (mg)	Carbohydrates (g)
Flour	2 $\frac{1}{4}$ cups				
Baking soda	1 teaspoon				
Salt	1 teaspoon				
Margarine	1 cup				
White sugar	$\frac{3}{4}$ cup				
Brown sugar	$\frac{3}{4}$ cup				
Vanilla	1 teaspoon				
Water	$\frac{1}{2}$ teaspoon				
Eggs	2				
Chocolate chips	12 ounces				
Total					

You will need to use some of these conversions to help with your calculations:

DRY

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 16 tablespoons = 1 cup

LIQUID

- 2 tablespoons = 1 ounce
- 2 ounces = $\frac{1}{4}$ cup
- 8 ounces = 1 cup



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The information provided below is from *The Supermarket Nutrition Counter*, by Natow and Heslin. Use it to calculate the nutritional information for each ingredient in the Toll House cookie recipe. The table tells you that 1 cup of flour contains 400 calories, but the recipe calls for $2\frac{1}{4}$ cups of flour. Be sure to calculate totals based on quantities in the recipe.



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	2,132	0
Margarine	1 tablespoon	100	11	95	0
White sugar	1 cup	770	0	5	199
Brown sugar	1 cup	820	0	97	212
Vanilla	1 teaspoon	10	0	0	0
Water	$\frac{1}{2}$ teaspoon	0	0	0	0
Eggs	1	75	5	63	1
Chocolate chips	1 ounce	143	8	25	18

Use this information to learn all about one Toll House cookie!

One Toll House cookie

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

