

**PROCEDURES FOR
CALCULATING NUTRITIVE VALUES
OF HOME-PREPARED FOODS:**

**As Used in Agriculture Handbook No. 8,
"Composition of Foods--
Raw, Processed, Prepared,"
Revised 1963**

FOREWORD

This publication explains the calculation of the nutritive values for home-prepared foods listed in Agriculture Handbook No. 8, "Composition of Foods--Raw, Processed, Prepared," as revised in 1963. The formulas for these home-prepared foods, the table of vitamin retentions, the examples of calculations, and other information contained in the publication will be helpful to dietitians and others who use Handbook 8. The information will be especially useful to research dietitians who need to calculate the nutritive value of home-prepared foods that contain ingredients different in kind or proportion from those used in the Handbook. The term "formula" refers to the kinds and amounts of ingredients used in calculating the nutritive values of home-prepared foods.

The report was prepared under the supervision of Dr. Bernice K. Watt, research leader for the development of tables of food composition.

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PROCEDURES FOR CALCULATING NUTRITIVE VALUES OF HOME-PREPARED FOODS:

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Revised 1963

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INTRODUCTION

The U.S. Department of Agriculture Handbook No. 8, "Composition of Foods ... Raw, Processed, Prepared," revised 1963 (6),¹ includes nutritive values that were calculated for approximately 250 of the home-prepared food items that it contains. Chemical analyses for the 250 home-prepared foods were lacking or incomplete; thus, calculated

values were necessary. The present publication provides information on the formulas and procedure used in these calculations. Information is also provided here on the procedure used to convert the nutritive values of concentrated fruit juices to the values for their diluted forms.

CALCULATING THE NUTRITIVE VALUE OF HOME-PREPARED FOODS FROM FORMULAS

The procedure followed in calculating the nutritive values of home-prepared foods was to--

- (1) Select formulas of ingredients that are suitable for family-size use,
- (2) Convert the measures of the ingredients to corresponding weights,
- (3) Multiply the weights of the separate ingredients by their nutritive values per.gram (derived from the values as given in table 1 of Handbook No. 8),
- (4) Adjust the total weight and nutritive values of the combined ingredients for weight changes and losses of vitamins during cooking, and
- (5) Convert the net totals to the "100-gram" basis (table 1 of Handbook 8).

The procedure is illustrated in table 1 of this publication.² This table shows the calculation of selected nutrients for a 100-gram portion of sponge cake, item 540 in Handbook 8. In the cal-

ulation, data (table 2, p. 3) were used for calculating the retention of vitamins during baking. The caloric value as derived in table 1 illustrates one of the methods that can be used in calculating the energy value of a mixture of ingredients. (See also Methods for Calculating Caloric Values, p. 2.)

Selection of Formulas

The formulas used in deriving the nutritive values of home-prepared foods for Handbook 8 were chosen as reasonable, or standard, combinations of ingredients for these products. They were based on recipes from many sources and are shown here in tables 3 to 26 (pp. 9 to 32). The weights assigned to volume measures in the formulas were adapted from the Handbook of Food Preparation published by the American Home Economics Association (1), from table 3 in the 1950 edition of Handbook 8 (5), and from other published and unpublished sources.

¹ Underscored numbers in parentheses refer to Literature Cited, p. 8.

² References to tables refer to those in this publication, unless otherwise specified.

Table 1. -- Sample Calculation of the Composition of a Home-Prepared Food From Ingredients (Sponge Cake)

Ingredient and other data	Measure	Weight	Water	Food energy	Protein	Fat	Total carbohydrate	Ash	Calcium	Thiamine	Riboflavin	Niacin
		Grams	Grams	Calories	Grams	Grams	Grams	Grams	Milli-grams	Milli-grams	Milli-grams	Milli-grams
Eggs.....	5 large	250	184.2	408	32.2	28.8	2.2	2.5	135	0.275	0.750	0.25
Sugar.....	1 c.	200	1.0	770	0	0	199.0	Trace	0	0	0	0
Flour, cake or pastry.....	1 c.	100	12.0	364	7.5	.8	79.4	.3	17	.03	.03	.7
Salt.....	1/4 tsp.	1.5	Trace	0	0	0	0	1.5	4	0	0	0
Lemon juice.....	2 1/2 tbsp.	37.5	34.1	9	.2	.1	3.0	.1	3	.01	Trace	.04
Total.....	--	589.0	231.3	1,551	39.9	29.7	283.6	4.4	159	0.315	0.780	0.99
Losses in baking ¹	--	64.5	64.5	--	--	--	--	--	--	0.063	0.039	0.10
Baked sponge cake:												
Total cake.....	--	524.5	166.8	1,551	39.9	29.7	283.6	4.4	159	.252	.741	.89
100-gram portion.....	--	100	31.8	296	7.6	5.7	² 54.1	.8	30	.05	.14	.2

¹ Evaporation, 11 percent. (See footnote 12, table 7.) Vitamin destruction based on retentions in eggs and flour: Thiamine, 80 percent; riboflavin, 95 percent; niacin, 90 percent. (See table 2, p. 3.)

² Adjustment made on carbohydrate to total 100 g. of product. See Carbohydrate, p. 164, Agriculture Handbook No. 8, revised.

Weight Change During Cooking

Changes in weight during cooking represent either a loss in weight, by evaporation of water, or an increase due to absorption of water.

The percentage losses in weight are shown in footnotes to the tables of formulas. For the foods in tables 3, 20, and 21, in which an absorption of water occurs during cooking, the amount of increase is shown as the ratio of the weight of the cooked product to the weight of the food in its dry form.

For many reasons, the amount of water that evaporates during cooking of food varies. Experimental data of this type were not available for all home-prepared foods in the Handbook.

When information on the change in weight that occurs in cooking was lacking for a prepared food but data were available on its water content, the loss by evaporation was estimated. The estimate was made from an equation based on the calculated total weight and total water content of the uncooked ingredients in the formula in relation to the percentage of water noted in analyzed values for the cooked product. This equation would not apply to foods in which more than one change occurs, such as french-fried potatoes, for which the weight change during cooking involves both a loss of water and a gain of fat.

The equation in which X represents the grams of water evaporated during cooking is as follows:

$$\text{Known percent-} \quad \text{Total weight of water in} \\ \text{age water con-} \quad = \frac{\text{ingredients in formula minus X}}{\text{Total weight of ingredients in}} \\ \text{tent of cooked} \quad \text{formula minus X} \\ \text{product}$$

For example, if the evaporation loss during cooking is unknown for sponge cake but the water content (31.8 percent) is known, the amount of water that evaporates can be calculated as follows from the data given in table 1:

$$0.318 = \frac{231.3 \text{ grams} - X}{589.0 \text{ grams} - X}$$

$$X = 64.5 \text{ grams}$$

When information on both weight change during cooking and water content was lacking, the loss by evaporation was estimated from the loss found for a similar type of food.

Vitamin Retention in Cooked Foods

One of the problems encountered in preparing Handbook 8 was the assessment of vitamins in cooked foods. The amounts of vitamins retained in cooked products vary with the kind of preparation given the food before cooking, the method of cooking, the length of cooking time, and the amount of water added.

Data on nutrient retention were compiled from suitable studies reported in the literature. From these data, a table of factors has been prepared for estimating the retentions of several vitamins in foods cooked according to some of the more usual methods. These factors which were used in the calculations for cooked foods in Handbook 8 are presented here as table 2.

Methods for Calculating Caloric Values

The food energy obtained for a product (sponge cake) in the illustrative table 1 above was calculated according to one of the methods of estimating the energy value of foods with more than one ingredient. The method followed the same procedure as that described on p. 1 for nutrients. That is, the energy value per gram of each ingredient was multiplied by the weight of the ingredient in a formula and the sum of the energy values of the ingredients converted to 100 grams of cooked product.

In the method used to calculate the caloric values for the prepared foods in Handbook 8, weighted energy factors for protein, fat, and carbohydrate were derived that represented the kinds and the proportions by weight of these nutrients contributed by the several ingredients to the prepared food. These weighted energy factors were derived

Table 2. -- Factors Used to Estimate the Retention of Vitamins in Cooked Foods Listed in Handbook 8, Revised 1963

Food or food group	Retention factors for--				
	Vitamin A Value	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	Percent	Percent	Percent	Percent	Percent
Foods of animal origin:					
Eggs:					
Baked (as in custard)	100	80	95	90	--
Fried, hard-cooked, scrambled, cooked omelet.....	100	85	95	95	--
Poached.....	100	80	85	85	--
Milk.....	100	90	100	100	75
Meats, poultry, fish:					
Meats:					
Beef cuts and ground meat:					
Prepared without added water:					
Oven-roasted.....	75	60	85	75	--
Pan-or oven-broiled:					
Cuts (steaks).....	75	65	90	85	--
Ground beef (hamburgers).....	75	80	95	90	--
Prepared with added water: ¹					
Braised (pot roast); simmered (stew meat).....	75	40	80	60	--
Lamb cuts:					
Prepared without added water:					
Oven-roasted.....	--	65	85	75	--
Pan-or oven-broiled (chops).....	--	65	85	80	--
Pork cuts, fresh:					
Prepared without added water:					
Oven-roasted.....	--	45	85	75	--
Pan-or oven-broiled (chops).....	--	75	90	85	--
Prepared with added water:					
Braised (spareribs).....	--	40	80	60	--
Simmered (picnic).....	--	45	85	75	--
Pork cuts, cured:					
Prepared without added water:					
Oven-roasted (ham).....	--	55	80	75	--
Veal cuts:					
Prepared without added water:					
Oven-roasted (rib roast).....	--	65	85	85	--
Pan-or oven-broiled (loin, round with rump).....	--	40	75	65	--
Prepared with added water:					
Braised (chuck roast) ²	--	40	75	65	--
Simmered (stew meat) ³	--	25	65	50	--
Miscellaneous meat items:					
Broiled (bacon).....	--	45	95	90	--
Broiled (frankfurters).....	--	95	100	90	--
Broiled (sausage).....	--	85	95	75	--
Poultry:					
Chicken:					
Prepared without added water:					
Roasted, broiled, fried.....	75	70	85	80	--
Prepared with added water:					
Stewed ²	75	40	75	65	--
Turkey:					
Prepared without added water:					
Roasted.....	--	60	85	75	--
Fish, shellfish:					
Baked, broiled, fried.....	--	75	90	85	--
Stewed (oysters).....	--	90	100	100	--
Foods from plant sources:					
Beans, peas, other legumes--mature, dry (boiled).....					
Vegetables:					
Potatoes:					
Prepared from raw:					
Baked in skin.....	--	75	95	95	80
Boiled in skin.....	--	90	100	100	80
Boiled, pared before cooking.....	--	90	90	80	80
Fried, including french-fried.....	--	60	100	100	50
Hash-browned ⁴	--	40	85	80	25
Mashed.....	--	90	90	80	90
Scalloped and au gratin.....	--	75	95	95	80
Prepared from frozen:					
Diced (raw), hashed-browned.....	--	60	100	100	50
French-fried, heated.....	--	75	95	95	80
Mashed, heated.....	--	90	100	100	70
Sweetpotatoes, raw:					
Baked in skin.....	75	75	90	90	85
Boiled in skin.....	90	90	100	100	80
Vegetables, other than potatoes and sweetpotatoes (cooked in small or moderate amount of water until tender):					
Prepared from raw, drained (except tomatoes):					
Greens ⁵	100	75	80	90	55
Roots, bulbs, other vegetables of high starch and/or sugar content ⁶	95	75	85	85	70
Tomatoes (solids and liquid).....	95	95	100	100	90
Other ⁷	95	75	85	85	65
Prepared from frozen, drained:					
Greens ⁵	100	80	85	90	60
Roots, bulbs, other vegetables of high starch and/or sugar content ⁶	100	80	90	90	70
Other ⁷	100	85	90	90	80
Fruits, fresh or dried:					
Stewed.....	75	80	90	90	70
Grain Products:					
Alimentary pastes (macaroni, spaghetti, noodles):					
Cooked, drained.....	--	50	70	60	--

Table 2.--Factors Used to Estimate the Retention of Vitamins in Cooked Foods Listed in Handbook 8, Revised 1963--Continued

Food or food group	Retention factors for--				
	Vitamin A Value	Thiamine	Riboflavin	Niacin	Ascorbic Acid
	Percent	Percent	Percent	Percent	Percent
Foods from plant sources--Continued					
Grain Products--Continued					
Flours and meals (wheat, corn, rye, buckwheat, other) in baked products.....	90	80	95	90	--
Oatmeal or rolled oats, cooked.....	--	95	100	100	--
Other breakfast cereals:					
Regular, cooked (including wheat, cornmeal and grits, other).	90	90	100	100	--
Quick and instant, cooked.....	--	95	100	100	--
Rice, brown and white or polished:					
Cooked, excess water discarded.....	--	55	75	80	--
Cooked, water completely absorbed.....	--	85	90	90	--

¹ Percentage retentions apply to drained meat. When the drippings are utilized, the retentions are: 75 percent for vitamin A, 60 percent for thiamine, 100 percent for riboflavin, 90 percent for niacin.

² Percentage retentions apply to drained meat. When the drippings are utilized, the retentions are: 60 percent for thiamine, 95 percent each for riboflavin and niacin.

³ Percentage retentions apply to drained meat. When the drippings are utilized, the retentions are: 50 percent for thiamine, 100 percent each for riboflavin and niacin.

⁴ Retentions are based on product prepared from boiled pared potatoes held overnight, and represent the total vitamin losses occurring from boiling, holding, and hash-browning.

⁵ Vegetables such as spinach, beet greens, swiss chard, collards, kale, mustard greens, New Zealand spinach, spoon or pakchoy cabbage, turnip greens, land cress, and other wild greens.

⁶ Vegetables such as beets, carrots, parsnips, rutabagas, turnips, onions, sweet corn, winter and summer squashes, eggplant, salsify, and lima beans, green peas, and other immature seeds of the legume group.

⁷ Vegetables such as asparagus, snap beans, broccoli, brussels sprouts, cabbage, cauliflower, celery, cowpea pods, kohlrabi, okra, edible podded peas, sweet peppers, and bean sprouts.

Note.--The retention factors shown in this table have been developed over a period of years by the staff responsible for preparing food composition tables.

for each of the energy-providing nutrients by applying, from table 6 of Handbook 8, the appropriate energy factor to the gram weight of the nutrient in each ingredient. The total calories contributed to the formula by each nutrient were divided by the total weight of the nutrient to obtain its weighted energy factor.

For example, the weighted factor used for determining the energy value of carbohydrate in sponge cake for Handbook 8 was obtained as follows:

Kind of data	Weight	Total carbohydrate		
		Weight	Specific energy factor	Energy value
	G.	G.	Cal./g.	Cal.
Ingredients:				
Eggs.....	250	2.2	3.68	8.10
Sugar.....	200	199.0	3.87	770.13
Flour, cake or pastry.	100	79.4	4.12	327.13
Lemon juice	37.5	3.0	2.70	8.10
Total....	--	283.6	--	1,113.46
Weighted energy factor (per gram)	--	--	--	3.93

In a similar way, the weighted energy factors 4.30 and 9.00 were derived, respectively, for protein and fat in sponge cake. The weighted energy factors for carbohydrate, protein, and fat were then applied to the amounts of these three nutrients in the cake to obtain its caloric value. The energy value, 297 calories, for 100 grams of sponge cake obtained by this method is essentially the same as the 296 calories (table 1) obtained by the alternative method.

Weighted energy factors had to be derived for determining caloric values of the commercially prepared foods in Handbook 8, because the weights of the ingredients were not known. Data were available, however, regarding kinds of ingredients and percentages of protein, fat, and carbohydrate in the food. By estimating weights for the ingredients it was possible to derive the weighted energy factors to apply to the nutrient contents for obtaining the approximate energy value for the kind of product. To be consistent, weighted factors were also used for calculating the energy values of the 250 home-prepared foods, although either of the two methods described for obtaining energy values for home-prepared foods is suitable.

CALCULATING THE NUTRITIVE VALUE OF FRUIT JUICES DILUTED FROM CONCENTRATED FORMS

Nutritive values were included in Handbook 8 for several single-strength fruit juices reconstituted from frozen and canned (nonfrozen) concentrates. These values for diluted juices were calculated from analyzed data for the concentrated form. Directions on the labels of the frozen con-

centrates call for dilution by volume of 1 + 3, that is, one can of the concentrate plus three cans of water. The composition of the reconstituted juice in terms both of 100 grams and 100 milliliters may be calculated as illustrated here by using the data for concentrated unsweetened frozen orange juice,

item 1436 in Handbook 8. To simplify the illustration, the calculations are limited to one nutrient, ascorbic acid.

The average content of ascorbic acid for orange juice concentrated to 41.8 percent soluble solids (a concentrate having a Brix value of 41.8°) was found, as reported in Handbook 8, to be 158 milligrams per 100 grams. The specific gravity, 1.1878 (at 20/20° C.), corresponding to 41.8° Brix, was read from the reference table "Degrees Brix, specific gravity, and degrees Baumé of sugar solutions," in the standard reference "Official

Methods of Analysis of the Association of Official Agricultural Chemists" (2). A volume of the orange juice concentrate measuring 100 milliliters would weigh 118.78 grams (100 ml. X specific gravity); and would contain 1.1878 X 41.8, or 49.65 grams of soluble solids, and 1.1878 X 158, or 187.7 milligrams of ascorbic acid. These values for 100 milliliters of the concentrate, together with the procedure for calculating the corresponding values for 100 grams and 100 milliliters diluted juice, are shown below:

Kind of data	Volume measure	Weight	Soluble solids	Ascorbic acid
	<u>Ml.</u>	<u>G.</u>	<u>G.</u>	<u>Mg.</u>
(a) Orange juice concentrate.....	100	118.78	49.65	187.7
(b) Added water.....	300	300.00		
(c) Diluted juice (single-strength).....	400	418.78	49.65	187.7
Nutrients in 400 ml. diluted juice calculated to the basis:				
100 g. (Divide figures in line (c) by factor 4.1878).....	95.5	100.0	11.9	44.8
100 ml. (Divide figures in line (c) by factor 4.00).....	100.0	104.7	12.4	46.9

As illustrated, the amounts of nutrients present in 100 grams of the diluted juice differ from the amounts in 100 milliliters.

Values for nutrients per 100 grams of diluted juice are used for calculations of 1 pound or other avoirdupois weights. Values for 100 milliliters are converted readily to other units of volume measures--to 1 cupful, for example, by multiplying the values for 100 milliliters by 2.37 (1 cup, or 8 fluid ounces, is approximately 237 ml.).

As data on composition become available for concentrated fruit juices in addition to those listed in

Handbook 8, the nutritive values of the diluted forms can be calculated from the concentrate as described here for orange juice. For practical dietary calculations, the content of total solids (100 percent minus percentage of water) may be used to estimate the content of soluble solids or the degrees Brix for fruit juice concentrates. When neither total solids nor degrees Brix is known, the specific gravity can be determined by dividing the weight of a volume measure of the concentrate by the weight of an equal volume of water.

TABLES OF FORMULAS FOR HOME-PREPARED FOODS IN HANDBOOK NO. 8

Application of Formulas

The formulas listed in tables 3 to 26 for home-prepared foods should not be regarded as recommended or tested recipes. They provide the basis for determining the extent to which the nutritive values for an item in Handbook 8 may be applied to the product made according to recipes that differ in kind or proportion of ingredients. For some products, the recipes may have proportions and ingredients sufficiently different to require a complete recalculation of nutritive values. In

other cases only certain nutritive values may need to be changed. For food mixtures involving fairly standard proportions, as white sauce, the nutritive values of the Handbook would be expected to apply.

The formulas permit the dietitian who plans therapeutic diets, and others who must control the content of certain nutrients in a dietary regimen, to estimate the effect of alternate ingredients on the content of nutrients in the finished product. For example, they permit estimating the difference in caloric value when a food product is made with nonfat milk instead of whole milk, or the content of

saturated and unsaturated fatty acids when a substitution is made in the kind of oil or fat used in the formula.

They may be used also as the basis for understanding the level of nutrients in a prepared product; for example, the higher vitamin A value of rice pudding when eggs are an ingredient as compared with the value when eggs are not included.

Development of the Tables of Formulas

The formulas in tables 3 to 26 for home-prepared food items are grouped according to similarity of ingredients or customary use in meal planning.

For this publication some of the descriptions of prepared foods in Handbook 8 were shortened. Reference can be made to the Handbook for a more complete description of an item.

In most of the tables the quantities of ingredients in the formulas are presented both as volume measures and as proportions of total weight. The volume measures are included to facilitate their comparison with those in other family-size recipes. The weights, expressed as percentages of the total weight of the ingredients, are provided to assist the dietitian in deciding how nearly the nutritive values in Handbook 8 apply to products prepared on an institutional scale.

The procedure for converting volume measures in a formula to proportional weights is illustrated by the following formula for waffles, item 2409:

Ingredient	Measure	Weight	
		Grams	Percent
Flour, all-purpose.....	1 1/2 c.	165	30
Milk, fluid, whole.....	1 c.	244	44
Eggs.....	2 large	100	18
Fat, cooking..	2 tbsp.	25	4.5
Sugar, granulated.....	1 tbsp.	12.5	2
Baking powder.	1 1/2 tsp.	6	1.08
Salt.....	1/2 tsp.	3	.54
Total.....		555.5	100.12

Rounding the percentages of ingredients to the nearest whole number was the general plan followed in the calculation. However, some exceptions were necessary. Percentages for salt, baking powder, and soda were carried to two decimal places. Content of sodium in ready-to-serve home-prepared products would differ significantly from figures shown for them in Handbook 8 if the calculations were based on any further rounding for these three ingredients. For some other ingredients

that are concentrated sources of important nutrients, percentages were not rounded to whole numbers if doing so would lead to an erroneous estimate of the nutrients supplied by the ingredient. Because of rounding, the percentages for the ingredients do not always add to exactly 100.

Notes on specific ingredients.--Ingredients such as milk, eggs, vegetables, and fruits were not described if the basic form was used; i.e., whole fluid milk, whole fresh eggs, raw vegetables, and raw fruits. Unless otherwise indicated, quantities of all ingredients are in terms of the edible part.

Flour and sugar when not described refer to enriched all-purpose flour and to white granulated sugar. Table fat may be either butter or margarine; cooking fat is hydrogenated fat of plant origin, item 999 in Handbook 8.

One kind of baking powder was used in all formulas having this ingredient--the kind that contains sodium aluminum sulfate with monocalcium phosphate monohydrate, item 130 in the Handbook.

Minute quantities of seasonings other than salt were not included in the formulas. The composition of many of the seasonings was not known, but presumably in the amounts used in the formulas their composition would have no important effect on those nutritive values shown in the Handbook for the home-prepared food items.

The Formulas: Tables 3 to 26 and Explanatory Notes

Alimentary pastes and other cereal products.--For some years, the trend has been toward "quick cooking" and "instant" cereals to supplement or replace the products that require longer cooking. This practice has brought about changes in the proportions of cereal and water used in preparation. In this rapidly developing area of new food items, more changes may be anticipated.

The nutritive values of the 33 items for alimentary pastes and other cooked cereals in Handbook 8 as revised in 1963 were based on the proportions of cereal and water stated on the package labels. The proportions shown for these items in table 3 apply to products marketed before 1963. To facilitate comparisons, the quantities listed in the table relate either to an 8-ounce package of alimentary paste or to 1 cup of other cereal in dry form.

The proportion of water to cereal in a cooked alimentary paste or other kind of cooked cereal is variable. To identify the items more specifically, the proportions of ingredients in the cooked products have been included; also, the ratio of the weight of cooked cereal to the weight of uncooked dry cereal.

When weights before and after cooking are known for other samples of these same cereals, the proportions of cereal and water in their cooked form can be compared with those given in table 3. This comparison will show whether the dilutions represented in these other samples of cooked cereals

are sufficiently different to affect the nutrient content.

In table 3, for example, 1 cup of dry regular farina weighing 180 grams yields around 1,580 grams of a cooked product of fairly thick consistency, or 8.8 times the weight of the dry cereal. The dry cereal represents approximately 11 percent of the weight of the cooked cereal ($1 \div 8.8 = 11.4$ percent). If a thin farina gruel is prepared from 1 cup of regular farina, the yield of cooked gruel is around 3,000 grams, 16.7 times the weight of the dry farina. In this thinner product, the dry cereal represents 6 percent ($1 \div 16.7 = 6.0$ percent) of the weight of the cooked cereal. A nutritive value in 100 grams of this obviously different product can be calculated by multiplying the nutritive value for 100 grams of dry cereal by the percentage of dry cereal (6.0 percent) in the weight of the cooked product. The thiamine value should be adjusted for loss, which occurs in cooking all the regular-type cereals. (See table 2.)

Similarly, calculations can be made of the composition of cooked macaroni or other alimentary paste when the proportions differ from the ones shown in table 3. Adjustments should be made for losses of vitamins from destruction and leaching in these cooked drained products. (See table 2.) Some leaching of other water-soluble nutrients presumably occurs, but specific information is lacking.

Cakes, cake icings, and fillings.--Formulas in tables 7 to 10 show separately the cake and icing portions of the cakes listed in Handbook 8, pages 19 and 20. In table 11 the proportions of cake and icing are given in percentages of their combined weight both before and after cooking. These proportions are based on family-size recipes in which the weights of ingredients vary with the kind of cake and icing. Therefore, it is not practical to obtain a constant proportion of cake and icing that would apply to all cakes.

A basis is provided for comparing nutrients in cakes of similar type, because the same kinds of basic ingredients (as cooking fat, item 999) were used in the formulas for all cakes. The formulas of table 7 are the basis of nutritive values of the cakes compared in tables 3 and 12 of Handbook 8. In these latter two tables the fatty-acid content and the vitamin A value of cakes made with cooking fat are compared with the same items for cakes made with table fat.

In making these comparisons for Handbook 8, table fat was substituted for cooking fat on an equal-volume basis, except for old-fashioned pound cake. For that item, substitution of fat was on an equal-weight basis.

Measures and proportions of ingredients added to cake mixes in table 8 are typical for products available in 1960.

Dessert pies.--Tables 14 and 15 show the formulas, respectively, for crust and for fillings of the pies prepared from home recipes. Table 16

gives the proportions in which crust and filling are combined in the unbaked pies.

The formula for piecrust, in table 14, having a calculated weight of 205 grams, is based on 1 cup of flour. For the proportions of unbaked crust shown for 9-inch-diameter pies in table 16, 195 grams of the basic piecrust formula was used in the one-crust pies and 345 grams (approximately $1 \frac{2}{3}$ times the basic formula) in the two-crust pies. The different pie fillings, listed in table 15, vary in weight, accounting for the differences that are shown in the proportions of filling and crust in table 16.

Salt was considered an optional ingredient in many of the formulas for pie fillings. If the customary amount of salt were added to those formulas in table 15 for pie fillings that contain no added salt, the resultant pies would have sodium contents approximately one and one-half times the values shown for them in Handbook 8.

Data in table 17 apply to a pie (8-inch diameter) prepared from a commercial mix for crust and filling.

Fruits, dried and dehydrated.--Widely different proportions of fruit, water, and sugar may be used in the cooking of dried or dehydrated fruits. The proportion of ingredients used in calculating the nutritive values of the several cooked fruits in Handbook 8 are shown in table 20.

The proportions of water and sugar in the formulas were related to 1 pound of the dried or dehydrated fruit rather than to a volume measure of it. A volume measure of fruit is variable in weight, depending on the kind and size of fruit and the form, such as halves, slices, or nuggets.

Table 20 also shows the proportions of drained fruit and drained liquid in the cooked dried fruits. This information was not available for the dehydrated fruits.

Legumes, dry.--The nutritive values in Handbook 8 for the several cooked legumes, excepting cowpeas, apply to products that have absorbed all of the cooking water. The values for cooked cowpeas apply to a product that includes residual cooking liquid in an amount approximately one-third the weight of the combined solids and liquid. All products are completely rehydrated except lima beans, as noted in footnote 1 of table 21.

Only fragmentary data were available on the composition of cooked dry legumes. Values for these items were calculated from the composition of the dry legumes by applying factors to adjust for the dilution with water absorbed during cooking.

These factors were derived from published data on water content and weight of legumes before and after cooking. The factors were obtained by dividing either the solids content (100 minus water content) of the cooked legume by the solids content of the dry product, or the weight of the dry legume by the weight of the cooked food. For example, the factor 0.348 was derived to apply to dry white beans in the calculation of nutritive

values shown for the cooked form, item 155 in Handbook 8. The factors for dilution are shown as percentages of dry legume in the cooked product (table 21).

In calculating the nutrient content of the cooked legumes, values for vitamins were adjusted for some destruction by heat, according to the information in table 2, p. 3. No loss of nutrients by leaching occurs unless residual cooking liquid is discarded.

Main course dishes.--Formulas for many of the home-prepared products in Handbook 8 that are served as part of the main course of meals are shown in table 22.

Potpies and pizzas are not included in table 22; but formulas for the crusts of these are in table 23, and those for the toppings and fillings in table 24. The proportions of the two parts that are combined to make the potpies and pizzas are in table 25.

Likewise, the formulas for the extensive group of cooked fish and shellfish items, excepting oyster stew, are not included in table 22. The nutritive values in Handbook 8 for most of these items were based on composition data and formulas published in U.S. Department of the Interior Circular 29 (3). The values for the proximate constituents were taken from table 1 of the Circular; values for the minerals and vitamins were calculated from information on ingredients provided in table 2 of the publication. Attention is called here

to two of the items in Handbook 8--lobster and tuna salads (items 1282 and 2326). Salad dressing of the mayonnaise type (item 1940) was used in the formulas of these two salads, instead of mayonnaise itself as was erroneously indicated in footnotes 96 (p. 39) and 164 (p. 63) to table 1 of Handbook 8.

The derivation of the nutritive values for cooked meats is not explained here as the method, applied to beef, is presented in detail in a separate publication (4).

Proportions specified by individual manufacturers for preparing "ready to serve" mashed potatoes from flakes or granules varied too greatly to develop representative formulas. Instead, nutritive values were derived for them from the composition data calculated for the different brands of flakes or granules when they were prepared as directed on the package.

Information on preparation of boiled vegetables has not been included here. Problems encountered and procedures followed in obtaining values for nutrients in cooked vegetables are discussed on pages 176-177 of Handbook 8.

Dilutions used to prepare ready-to-serve soups from their canned, dehydrated, and frozen forms are stated in table 1 of Handbook 8. This information is sufficient for identifying these products and for calculating their nutritive values.

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Table 3.--ALIMENTARY PASTES AND OTHER CEREAL PRODUCTS: Proportions of ingredients in formulas and the cooked product

Item No. in AH 8, rev.	Description	Ingredients in formula						Proportion of weight of cooked cereal			Ratio of weights--Cooked to dry cereal
		Cereal, dry form		Water		Salt		Cereal, dry form	Water	Salt	
		Measure	Proportion ¹	Measure	Proportion ¹	Measure	Proportion ¹				
	Percent		Percent		Percent	Percent	Percent	Percent			
863, 865	Corn grits, degermed, enriched or unenriched, cooked. ²	1 c.	12	5 c.	88	1 tsp.	0.44	14	85	0.53	7.1:1
886, 888	Cornmeal, degermed, enriched or unenriched, cooked. ²	1 c.	13	4 c.	86	1/2 tsp.	.27	14	86	.28	7.3:1
992, 994	Farina, cooked: Enriched: Regular.....	³ 1 c.	11	³ 6 1/2 c.	89	1 tsp.	.35	11	88	.37	8.8:1
	Quick-cooking.....	1 c.	11	6 c.	89	1 tsp.	.38	12	88	.41	8.5:1
996	Instant-cooking.....	1 c.	14	5 c.	86	1 tsp.	.43	15	84	.48	6.6:1
998	Unenriched, regular.....	³ 1 c.	11	³ 6 1/2 c.	89	1 tsp.	.35	11	88	.37	8.8:1
1299, 1302	Macaroni, enriched or unenriched: Cooked, firm stage (8-10 minutes).	8 oz.	11	8 c.	89	--	--	⁴ 40	⁴ 60	--	2.5:1
1300, 1303	Cooked, tender stage (14-20 minutes).	8 oz.	11	8 c.	89	--	--	⁴ 31	⁴ 69	--	3.2:1
1378, 1380	Noodles, egg noodles, enriched or unenriched, cooked.	8 oz.	11	8 c.	89	--	--	⁴ 32	⁴ 68	--	3.1:1
1383	Oat products used mainly as hot breakfast cereals, cooked: Oat cereal with toasted wheat germ and soy grits.	1 c.	15	3 c.	84	1 tsp.	.71	16	84	.89	6.2:1
1385	Oat flakes, maple-flavored, instant-cooking.	1 c.	17	2 c.	83	1/4 tsp.	.26	18	82	.28	5.5:1
1387	Oat granules, maple-flavored, quick-cooking.	1 c.	15	3 c.	85	1/4 tsp.	.18	16	84	.19	6.4:1
1389	Oat and wheat cereal, quick-cooking.	1 c.	17	2 c.	82	1/2 tsp.	.42	18	82	.43	5.6:1
1391	Oatmeal or rolled oats.....	1 c.	14	2 c.	86	1/2 tsp.	.54	14	85	.56	7.1:1
1870	Rice, cooked: Brown ⁵	1 c.	31	1 2/3 c.	68	2/3 tsp.	.69	33	66	.72	3.0:1
1872	White (fully milled or polished): Enriched: Common commercial varieties, all types. ⁵	1 c.	28	2 c.	71	1 tsp.	.90	30	69	.96	3.3:1
1874	Long-grain: Parboiled.....	1 c.	24	2 1/2 c.	75	1 tsp.	.76	29	70	.92	3.5:1
1876	Precooked (instant)...	1 c.	28	1 c.	71	1/3 tsp.	.68	29	70	.70	3.4:1
1878	Unenriched, common commercial varieties, all types. ⁵	1 c.	28	2 c.	71	1 tsp.	.90	30	69	.96	3.3:1
1883	Rice, granulated, added nutrients, cooked.	1 c.	13	5 c.	87	1 tsp.	.44	13	87	.45	7.7:1
2158, 2161	Spaghetti, enriched or unenriched: Cooked, firm stage, "al dente" (8-10 min.).	8 oz.	11	8 c.	89	--	--	⁴ 40	⁴ 60	--	2.5:1
2159, 2162	Cooked, tender stage (14-20 min.).	8 oz.	11	8 c.	89	--	--	⁴ 31	⁴ 69	--	3.2:1
2449	Wheat, rolled, cooked ² ⁶	1 c.	19	1 1/2 c.	80	1/2 tsp.	.68	22	77	.79	4.5:1
2451	Wheat, whole-meal, cooked.....	1 c.	11	5 c.	89	1 tsp.	.45	13	86	.54	7.7:1
2453	Wheat and malted barley, toasted, cooked: Quick-cooking.....	1 c.	16	3 c.	84	1/4 tsp.	.18	17	83	.18	6.0:1
2455	Instant-cooking.....	1 c.	20	2 c.	80	1/4 tsp.	.25	21	79	.26	4.7:1

¹ Percentage of total weight of ingredients.

² Except for values for sodium, the chemical composition of the items for cooked corn grits, cornmeal, and rolled wheat listed in Handbook 8 were calculated from formulas containing salt as shown in this table. For these cooked cereals, the contents of sodium, adjusted for the added salt, are as follows:

	Sodium Mg./100 g.
Corn grits, degermed (items 863 and 865)	205
Cornmeal, degermed (items 886 and 888)	110
Wheat, rolled (item 2449)	295

³ The measures of farina and water are based on dry farina weighing around 180 g. per cupful. For a brand with a different weight per cupful of cereal than that used here, the measure of water in relation to a cupful of cereal to give a product of the same consistency differs, but the proportions of cereal and water by weight remain the same. For example, if a cupful of farina weighs around 170 g., the volumetric measures would be 1 c. cereal and 6 c. water but the proportions are the same, 11 percent cereal and 89 percent water.

⁴ Applies to drained product.

⁵ Formula based on long-grain type.

⁶ Applies to regular type of rolled wheat weighing 84 g. per cup. A quick-cooking type currently on the market weighs around 90 g. per cup. The proportions used for this latter product in cooking are 1 c. dry cereal, 2 c. water, and 2/3 tsp. salt; or by weight, 16, 83, and 0.71 percent, respectively. In terms of cooked weight, the proportions in the same order for the 3 ingredients are 17, 82, and 0.76 percent and the ratio of the cooked yield to dry cereal is about 5.8:1. This quick-cooking type would have the following values per 100 g. cooked cereal: Water, 83.8 percent; food energy, 58 Cal.; protein, 1.7 g.; fat, 0.3 g.; total carbohydrate, 13.1 g.; fiber, 0.4 g.; ash, 1.1 g.; calcium, 8 mg.; phosphorus, 59 mg.; iron, 0.5 mg.; sodium, 295 mg.; potassium, 65 mg.; vitamin A value, (0); thiamine, 0.06 mg.; riboflavin, 0.02 mg.; niacin, 0.7 mg.; and ascorbic acid, (0).

Table 4. -- BREADS: Formulas based on home recipes¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients												
		Flour		Liquid		Cooking fat		Eggs		Sugar		Other		
		Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²	
410, 411	Biscuits, baking powder, made with-- Enriched or Unenriched flour. ³	2 c.	46	Milk, skim, fluid.	3/4 c.	37	5 3/4 tbsp.	14	--	--	Baking powder....	3 tsp.	Percent 2.43	
412	Self-rising flour, enriched ³	2 c. (self-rising).	49	Milk, skim, fluid.	2/3 c.	37	5 tbsp.	14	--	--	Salt.....	1/2 tsp.	.61	
876	Cornbread: Cornbread, southern style, made with-- Whole-ground cornmeal ⁴	--	--	Buttermilk.....	2 c.	56	2 1/3 tbsp.	3.4	2 large	12	--	Cornmeal, unbolted (item 883).	2 c.	27
877	Degermed cornmeal, enriched ⁴	--	--	Buttermilk.....	2 c.	53	2 1/3 tbsp.	3.2	2 large	11	--	Soda..... Baking powder.... Salt.....	1/2 tsp. 2 tsp. 1 tsp.	.23 .83 .69
878	Johnny cake (northern style cornbread), made with enriched, yellow degermed cornmeal. ⁵	--	--	Buttermilk..... Water.....	2 c. 1 tbsp.	51 2	2 tbsp.	1.8	2 large	10.6	2.6	Cornmeal (item 885). Soda..... Baking powder.... Salt.....	2 c. 1 tsp. 1 1/2 tsp.	31 .43 .95
879	Corn pone, made with white, whole- ground cornmeal. ³	--	--	Water.....	1 1/3 c.	55	1 1/3 tbsp.	3	--	--	--	Cornmeal, unbolted (item 883).	2 c.	41
880	Spoonbread, made with white, whole-ground cornmeal. ⁶	--	--	Water..... Milk.....	3/4 c. 1 1/2 c.	21 43	3 tbsp.	4.4	3 large	17	--	Baking powder.... Salt.....	2 tsp. 1/2 tsp.	1.31 .52
1343, 1344	Muffins: ³ Plain, made with Enriched or Unenriched flour.	2 c.	37	Milk, skim, fluid.	1 c.	41	3 1/2 tbsp.	7	1 large	8.4	4	Baking powder.... Salt.....	2 tsp. 1/2 tsp.	1.28 .51
1345	Blueberry, made with enriched flour.	1 1/8 c.	31	Milk.....	1/2 c.	31	1 1/2 tbsp.	5	1 large	13	8	Blueberries, frozen, unsweetened. Baking powder.... Salt.....	1/4 c. 1 tsp. 2/3 tsp.	10 .97 1.02

1346	Bran, made with enriched flour...	1/2 c.	15	Milk.....	1/2 c.	34	4 tsp.	4.6	1 large	14	--	--	Bran, added thiamine (item 439). Baking powder... 1 1/2 tsp. 2 1/2 tbsp. Salt..... 1/4 tsp.	1 c. 1 1/2 tsp. 2 1/2 tbsp. 1/4 tsp.	17 1.57 14 .41
1347	Corn, made with-- Enriched degermed cornmeal.	2/3 c.	12	Milk.....	1 c.	39	3 tbsp.	6	1 large	7.5	2 tbsp.	4	Cornmeal, yellow (item 885). Baking powder... Salt.....	1 1/3 c. 3 tsp. 1/2 tsp.	30 1.72 .47
1348	Whole-ground cornmeal.....	2/3 c.	13	Milk.....	1 c.	41	2 1/2 tbsp.	5	1 large	8	2 tbsp.	4	Cornmeal, yellow, unbolted (item 883). Baking powder... Salt.....	1 1/3 c. 3 tsp. 1/2 tsp.	26 1.83 .50
1453, 1454	Pancakes, made with Enriched or Unenriched flour. ⁷	1 1/2 c.	33	Milk, sklm, fluid.	1 c.	48	2 tbsp.	5	1 large	9.4	1 tbsp.	2.4	Baking powder... Salt.....	1 1/2 tsp. 1/2 tsp.	1.12 .59
1657	Popovers ⁶	1 c.	24	Milk.....	1 c.	52	1 tbsp.	2.7	2 large	21	--	--	Salt.....	1/4 tsp.	.32
1898	Rolls and buns, made with milk and enriched flour. ⁸	5 c. plus 1 tbsp.	54	Water..... Milk.....	1/4 c. 1 c.	5 24	5 tbsp.	6	1 large	5	1/4 c.	5	Yeast, dry..... Salt.....	1/3 oz. 1 tsp.	.8 .57
2409, 2410	Waffles, made with Enriched or Unenriched flour. ⁹	1 1/2 c.	30	Milk.....	1 c.	44	2 tbsp.	4.5	2 large	18	1 tbsp.	2.2	Baking powder... Salt.....	1 1/2 tsp. 1/2 tsp.	1.03 .54

1 See p. 6, Notes on Specific Ingredients.
 2 Percentage of total weight of ingredients.
 3 Loss of 16 percent applied for evaporation in baking.
 4 Loss of 20 percent applied for evaporation in baking.
 5 Loss of 35 percent applied for evaporation in baking.
 6 Loss of 25 percent applied for evaporation in baking.
 7 Loss of 9 percent applied for evaporation in baking.
 8 Loss of 13 percent applied for evaporation in baking.
 9 Loss of 23 percent applied for evaporation in baking.

Table 5.--BREADS: Formulas based on mixes and added ingredients¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients									
		Mix			Liquid			Eggs		Cooking fat	
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²
416	Biscuits, made with milk. ³	Biscuit mix with enriched or unenriched flour (item 415).	2 c.	65	Milk, skim, fluid.	1/2 c.	35	--	--	--	--
882	Cornbread, made with egg, milk. ⁴	Cornbread mix with enriched or unenriched yellow degermed cornmeal (item 881).	12 oz.	39	Milk....	2 c.	56	1 large	6	--	--
1350	Corn muffins: Made with egg, milk ⁴	Corn muffin mix with yellow degermed cornmeal and enriched flour (item 1349).	12 oz.	62	Milk....	2/3 c.	29	1 large	9	--	--
1352	Made with egg, water. ⁴	Corn muffin mix with yellow degermed cornmeal, cake flour, nonfat dry milk (item 1351).	14 oz.	64	Water...	3/4 c.	28	1 large	8	--	--
1456, 1459	Pancakes: Plain and buttermilk, made with Milk ⁴	Pancake and waffle mix with enriched (item 1455) or unenriched flour (item 1458).	1 c.	26	Milk....	1 1/4 c.	71	--	--	1 tbsp.	3
1457, 1460	Egg, milk ⁴	Pancake and waffle mix with enriched (item 1455) or unenriched flour (item 1458).	1 c.	27	Milk....	1 c.	59	1 large	11	1 tbsp.	3
1462	Buckwheat, made with egg, milk. ⁵	Pancake mix with buckwheat and other cereal flours (item 1461).	1 c.	31	Milk....	1 c.	55	1 large	11	1 tbsp.	3
1916	Rolls, made with water ⁶	Roll mix with enriched or unenriched flour (item 1915).	14 1/4 oz.	63	Water...	1 c.	37	--	--	--	--
2413, 2415	Waffles: Made with water ⁷ ...	Waffle mix, with enriched (item 2412) or unenriched flour (item 2414).	9 oz. (approx. 2 1/8 c.)	45	Water...	1 1/3 c.	55	--	--	--	--
2417, 2419	Made with egg, milk ⁸	Pancake and waffle mix with enriched (item 2416) or unenriched flour (item 2418).	2 c.	32	Milk....	1 2/3 c.	58	1 large	7	2 tbsp.	3

¹ See p. 6, Notes on Specific Ingredients.
² Percentage of total weight of ingredients.
³ Loss of 12 percent applied for evaporation in baking.
⁴ Loss of 9 percent applied for evaporation in baking.
⁵ Loss of 5 percent applied for evaporation in baking.
⁶ Loss of 17 percent applied for evaporation in baking.
⁷ Loss of 30 percent applied for evaporation in baking.
⁸ Loss of 28 percent applied for evaporation in baking.

Table 6.--BREAD STUFFING: Formulas based on mix and added ingredients¹

[Percentage loss from evaporation in cooking is given as a footnote to the items in this table. This loss was applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The loss was derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients							
		Bread stuffing mix (item 477)		Water		Table fat		Eggs	
		Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²
478	Bread stuffing: ³								
	Dry and crumbly, prepared with water, table fat.	8 oz.	39	1 c.	41	1/4 lb.	20	--	--
479	Moist; prepared with water, egg, table fat.....	8 oz.	22	2 3/4 c.	63	1/4 lb.	11	1 large	5

¹ See p. 6, Notes on Specific Ingredients.
² Percentage of total weight of ingredients.
³ Loss of 20 percent applied for evaporation in baking.

Table 7.--CAKES: Formulas for uniced cakes based on home recipes¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients														
		Flour			Liquid			Sugar		Cooking fat		Eggs		Other		
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
521	Angel food ³	Cake.....	1 c.	18	--	--	--	1 c.	36	--	--	7-8 whites, large, or 1 c.	44	2/3 tsp.	0.4	
522	Boston cream pie (cake portion). ⁴	Cake.....	1 2/3 c.	26	Milk.....	1/2 c.	19	1 c.	31	1/4 c.	7.7	2 large	15	1 1/2 tsp.	.88	
523	Caramel, without icing. ^{5 6}	Cake.....	1 3/4 c.	24	Milk.....	1/2 c.	17	1 c., brown.	30	1/2 c.	14	2 large	14	1 3/4 tsp.	.90	
525	Chocolate (devil's food), without icing. ^{6 7}	Cake.....	2 c.	19	Milk.....	1 c.	23	1 1/2 c.	28.6	1/2 c.	9.5	2 large	10	3 1/2 tsp.	1.27	
528	Cottage pudding, without sauce. ^{4 8}	All-purpose	1 1/2 c.	34	Milk.....	1/2 c.	25	1/2 c.	21	3 tbsp.	7.7	1 large	10	1 1/2 tsp.	1.24	
531	Fruit cake: Dark.....	All-purpose	4 c.	14	Cider..... Cream, light, sour.	1/2 c. 1/2 c.	4 4	1 c.	6	1 c.	7.3	5 large	8	Molasses, light. Citron..... Raisins..... Currants..... Almonds, chopped. Jelly..... Baking powder. Soda..... Salt..... Spices..... Cherries, candied. Pecans, chopped.	1 c. 4 oz. 1 lb. 1 lb. 1 c. 1/3 c. 2 tsp. 7/8 tsp. 1 2/3 tsp. 2 oz. 1 c.	10.5 3.6 14.6 14.6 4 2.9 .26 .06 .16 .1 1.8 4

See footnotes at end of table.

Table 7. --CAKES: Formulas for uniced cakes based on home recipes¹ --Continued

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Flour			Liquid			Sugar		Cooking fat		Eggs		Other		
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
532	Light ⁶	All-purpose	2 c.	16.4	Cream, light, sour.	1/2 c.	9	1 c.	15	1/2 c.	7.5	5 whites, medium.		Salt..... Soda..... Baking powder. Almonds, chopped. Raisins.....	1/4 tsp. 1/4 tsp. 2 tsp. 1 c. 1 c.	0.11 .07 .57 10.6 12
533	Gingerbread ⁶	All-purpose	2 1/2 c.	24	Water.....	1 c.	21	1/2 c.	9	1/2 c.	8.7	2 medium		Citron..... Pineapple, candied. Vanilla..... Molasses, light. Baking powder. Soda..... Salt..... Spices.....	1 c. 1 1/4 c. 4 oz. 4 oz. 1 1/2 tsp. 1 c. 1 tsp. 7/8 tsp. 3/8 tsp. 2 1/2 tsp.	8.5 8.5 .3 29 .35 .31 .22 .5
534	Plain cake or cupcake, without icing. ^{4, 9}	Cake.....	2 1/8 c.	24	Milk.....	7/8 c.	24	1 1/4 c.	29	7 tbsp.	10.1	2 medium		Baking powder. Salt..... Vanilla.....	2 1/4 tsp. 1 tsp. 1 1/2 tsp.	1.00 .35 .7
538	Found: Old-fashioned ¹⁰	Cake.....	4 c.	24	--	--	--	2 c.	24	2 c.	24	9 large		Salt..... Flavoring.....	1/2 tsp. 1 tsp.	.18 .3
539	Modified ¹¹	Cake.....	1 1/2 c.	26.4	Milk.....	2 2/3 tbsp.	7.2	3/4 c.	26.4	3/8 c.	13	3 large		Baking powder. Salt..... Flavoring.....	5/8 tsp. 1/6 tsp. 1/8 tsp.	.40 .19 .1
540	Sponge ¹²	Cake.....	1 c.	17	Lemon juice	2 1/2 tbsp.	6.4	1 c.	34	--	--	5 large		Salt.....	1/4 tsp.	.25

541	White, without icing. ^{4, 13}	Cake.....	1 3/4 c.	24	Milk.....	1/2 c.	17	1 c.	27	1/2 c.	13.6	4 whites, medium, or 1/2 c.	16	Baking powder. Salt..... Flavoring.....	3 tsp. 1/4 tsp. 1 1/2 tsp.	1.63 .20 .8
544	Yellow, without icing. ^{14, 15}	Cake.....	3 c.	28	Milk.....	1 c.	23	1 1/2 c.	28	1/2 c.	9.4	2 large	9	Baking powder. Salt..... Flavoring.....	4 tsp. 1/4 tsp. 1 tsp.	1.43 .14 .4

1 See p. 6, Notes on Specific Ingredients.

2 Percentage of total weight of ingredients.

3 Loss of 14 percent applied for evaporation in baking.

4 Loss of 10 percent applied for evaporation in baking.

5 Used also for iced caramel cake: Item 524, with caramel icing.

6 Loss of 7 percent applied for evaporation in baking.

7 Used also for cottage pudding: Item 529, with chocolate sauce; Item 530, with fruit sauce (strawberry).

8 Used also for iced plain cake or cupcake: Item 535, with chocolate icing; item 536, with boiled icing; item 537, with uncooked white icing.

9 Used also for this product deviates from the true old-fashioned pound cake in containing a higher proportion of eggs by weight. A product containing 1 lb. each of flour, sugar, eggs, and fat has the following composition per 100 g. of cake: Water, 15.6 percent; food energy, 482 Cal.; protein, 5.5 g.; fat, 30.1 g.; total carbohydrate, 48.3 g.; fiber, 0.1 g.; ash, 0.5 g.; calcium, 19 mg.; phosphorus, 74 mg.;

10 The formula for this product deviates from the true old-fashioned pound cake in containing a higher proportion of eggs by weight. A product containing 1 lb. each of flour, sugar, eggs, and fat has the following composition per 100 g. of cake: Water, 15.6 percent; food energy, 482 Cal.; protein, 5.5 g.; fat, 30.1 g.; total carbohydrate, 48.3 g.; fiber, 0.1 g.; ash, 0.5 g.; calcium, 19 mg.; phosphorus, 74 mg.;

11 Loss of 12 percent applied for evaporation in baking.

12 Loss of 11 percent applied for evaporation in baking.

13 Used also for iced white cake: Item 542, with coconut icing; item 543, with uncooked white icing.

14 Used also for iced yellow cake: Item 545, with caramel icing; item 546, with chocolate icing.

15 Loss of 9 percent applied for evaporation in baking.

Table 8.--CAKES: Formulas for uniced cakes based on mixes and added ingredients¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients									
		Mix		Liquid			Eggs		Other		
		Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
550	Angelfood, made with water, flavoring. ³	16 oz.	62	Water....	1 1/4 c.	38	--	--	Almond flavoring.	5/8 tap.	0.4
552	Chocolate malt, made with eggs, water. ⁴	20 oz.	63	Water....	1 c.	26	2 large	11	--	--	--
554	Coffeecake, made with egg, milk. ⁵	10 1/2 oz.	63	Milk....	1/2 c.	26	1 large	11	--	--	--
556	Cupcake, made with egg, milk. ^{5, 6}	11 3/4 oz.	66	Milk....	1/2 c.	24	1 large	10	--	--	--
559	Devil's food, made with eggs, water. ⁷	20 oz.	63	Water....	1 c.	26	2 large	11	--	--	--
561	Gingerbread, made with water. ³	14 2/3 oz.	64	Water....	1 c.	36	--	--	--	--	--
563	Honey spice, made with eggs, water. ⁴	20 oz.	61	Water....	1 1/8 c.	28	2 large	11	--	--	--
565	Marble, made with eggs, water. ⁴	20 oz.	61	Water....	1 1/8 c.	28	2 large	11	--	--	--
567	White, made with egg whites, water. ⁴	20 oz.	63	Water....	1 1/8 c.	30	2 whites, large.	7	--	--	--
569	Yellow, made with eggs, water. ³	20 oz.	63	Water....	1 c.	26	2 large	11	--	--	--

¹ See p. 6, Notes on Specific Ingredients.
² Percentage of total weight of ingredients.
³ Loss of 10 percent applied for evaporation in baking.
⁴ Loss of 18 percent applied for evaporation in baking.
⁵ Loss of 4 percent applied for evaporation in baking.
⁶ Used also for cupcake: Item 557, with chocolate icing.
⁷ Loss of 13 percent applied for evaporation in baking.

Table 9.--CAKE ICINGS AND FILLINGS: Formulas based on home recipes¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients												
		Sugar			Liquid			Eggs		Table fat		Other		
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
522	Custard filling for Boston cream pie. ^{3, 4}	Cane, granulated.	1/2 c.	15	Milk...	2 c.	66	2 large	13	--	--	Flour.....	1/3 c.	5
570	Cake icings: Caramel ^{5, 6}	Brown.....	3/4 c.	64	Milk...	5 tbsp.	30	--	--	1 tbsp.	5.5	Vanilla.....	1/4 tap.	.4
571	Chocolate ^{7, 8}	Cane, granulated.	1 c.	51	Milk...	1/2 c.	31	--	--	1 tbsp.	3.5	Chocolate, bitter	2 oz.	14
572	Coconut ^{9, 10, 11}	Cane, granulated.	1 c.	56	Water..	1/4 c.	17	1 white, large.	9	--	--	Salt.....	1/8 tap.	.22
573	White: Uncooked ¹²	Cane, powdered.	2 c.	80	Cream, light, coffee or table.	3 tbsp.	14	--	--	1 tbsp.	4.4	Coconut, dried, sweetened.	2 oz.	17
574	Boiled ^{11, 13}	Cane, granulated.	1 c.	68	Water..	1/4 c.	20	1 white, large.	11	--	--	Vanilla.....	1/2 tap.	.6

¹ See p. 6, Notes on Specific Ingredients.
² Percentage of total weight of ingredients.
³ Approximately 1/3 the yield (27 percent) from this formula was combined with the baked cake and sugar topping for Boston cream pie. (Also see table 11.)
⁴ Loss of 10 percent applied for evaporation in cooking.
⁵ Used also for the following cakes with caramel icing: Caramel, item 524; yellow, item 545; honey spice, item 563.
⁶ Loss of 17 percent applied for evaporation in cooking.
⁷ Used also for the following cakes with chocolate icing: Chocolate (devil's food), item 526; plain cake or cupcake, item 535; yellow, item 546; cupcake (from mix), item 557; devil's food (from mix), item 559; white (from mix), item 567; yellow (from mix), item 569.
⁸ Loss of 16 percent applied for evaporation in cooking.
⁹ Boiled white frosting with coconut sprinkled on top.
¹⁰ Used also for white cake with coconut icing: item 542.
¹¹ Loss of 15 percent applied for evaporation in cooking.
¹² Used also for the following cakes with uncooked white icing: Chocolate (devil's food), item 527; plain cake or cupcake, item 537; white, item 543; chocolate malt (from mix), item 552.
¹³ Used also for the following cakes with boiled white icing: Plain cake or cupcake, item 536; marble (from mix), item 565.

Table 10.--CAKE ICINGS: Formulas based on mixes and added ingredients¹

[Percentage loss from evaporation in preparation is given as a footnote to the items in this table. This loss was applied to the formulas in calculating the nutritive values of the prepared foods listed in Handbook 8. The loss was derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients					
		Mix		Water		Table fat	
		Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²
			Percent		Percent		Percent
576	Chocolate fudge, made with water, table fat. ³	14 oz.	78	5 tbsp.	14	3 tbsp.	8
578	Creamy fudge (contains non-fat dry milk): Made with water. ³	6 1/2 oz.	87	2 tbsp.	13	--	--
579	Made with water, table fat. ³	6 1/2 oz.	77	2 tbsp.	12	2 tbsp.	11.6

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ Uncooked; loss of 1 percent applied for evaporation in preparation.

Table 11.--CAKES: Proportions of cake and of icing or filling in uncooked and cooked product

Item No. in AH 8, rev.	Description	Proportion of weight of cake			
		Uncooked		Cooked	
		Cake	Icing or filling	Cake	Icing or filling
		Percent	Percent	Percent	Percent
522	Cakes baked from home recipe: Boston cream pie with custard filling and powdered-sugar topping.	71	¹ 29	71	¹ 29
524	Caramel with caramel icing.....	74	26	76	24
526	Chocolate (devil's food): With chocolate icing.....	73	27	75	25
527	With uncooked white icing.....	77	23	75	25
529	Cottage pudding: With chocolate sauce ²	75	25	73	27
530	With fruit sauce (strawberry) ³	79	21	78	22
	Plain or cupcake:				
535	With chocolate icing.....	69	31	70	30
536	With boiled white icing.....	75	25	76	24
537	With uncooked white icing.....	73	27	71	29
	White:				
542	With coconut icing.....	67	⁴ 33	68	⁴ 32
543	With uncooked white icing.....	70	30	68	32
	Yellow:				
545	With caramel icing.....	81	19	82	18
546	With chocolate icing.....	73	27	75	25
	Cakes baked from mixes:				
552	Chocolate malt with uncooked white icing.	74	26	70	30
557	Cupcake with chocolate icing....	68	⁵ 32	70	⁵ 30
559	Devil's food with chocolate icing.	70	30	71	29
563	Honey spice with caramel icing..	78	22	78	22
565	Marble with boiled white icing..	76	24	75	25
567	White with chocolate icing.....	70	30	69	31
569	Yellow with chocolate icing.....	70	30	71	29

¹ Custard filling, 27 percent (approximately 1/3 the yield from the formula given in table 9); powdered-sugar topping, 2 percent.

² Chocolate syrup, thin type; item 760.

³ Strawberries, frozen, sweetened, sliced; item 2219.

⁴ On uncooked basis, 27 percent boiled white icing, 6 percent coconut; on cooked basis, 26 percent boiled white icing, 6 percent coconut.

⁵ Chocolate icing, approximately 2/3 the yield from the formula given in table 9.

Table 12.--COOKIES: Formulas based on home recipes¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients														
		Flour		Liquid		Sugar		Cooking fat		Eggs		Other				
		Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²	
			Percent		Percent		Percent		Percent		Percent				Percent	
813	Brownies with nuts, with enriched flour. ³	3/4 c.	14	--	--	--	--	1 c.	32	1/3 c.	11	2 medium	15	Chocolate, bitter.	2 oz.	9
														Baking powder.	1/2 tsp.	.31
														Salt.....	1/2 tsp.	.48
														Peanut halves..	1 c.	17
														Vanilla.....	1 tsp.	.7
817	Chocolate chip, with enriched flour. ⁴	1 1/8 c.	22	--	--	--	--	6 tbsp., white.	14	1/2 c.	18	1 large	9	Salt.....	1/2 tsp.	.54
								6 tbsp., brown.	15					Soda.....	1/2 tsp.	.36
														Walnuts,	1/4 c.	6
														Parlen or English, chopped.		
														Semi-sweet chocolate chips.	1/2 c.	15
831	Sugar, soft, thick, with enriched flour. ⁵	2 1/4 c.	35	Milk...	1/2 c.	17	2 c.	28	7 tbsp.	12	1 medium	6	Baking powder.	2 tsp.	1.12	
														Salt.....	1/2 tsp.	.35
														Flavoring.....	1/2 tsp.	.3

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ Loss of 5 percent applied for evaporation in baking.

⁴ Loss of 8 percent applied for evaporation in baking.

⁵ Loss of 17 percent applied for evaporation in baking.

Table 13.--COOKIES: Formulas based on mixes and added ingredients¹

[Percentage losses from evaporation in cooking are given as footnote. to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients										
		Mix			Liquid			Eggs		Other		
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
835	Brownies, with enriched flour: Made with water, nuts. ³	Brownie mix, complete (item 834).	10 1/2 oz.	<u>Percent</u> 69	Water.	1/3 c.	<u>Percent</u> 17	--	--	Pecans, chopped.	1/2 c.	<u>Percent</u> 14
837	Made with egg, water, nuts. ⁴	Brownie mix, incomplete (item 836).	16 oz.	73	Water.	1/4 c.	10	1 large	8	Pecans, chopped.	1/2 c.	10
839	Plain cookies, with unenriched flour: Made with egg, water. ⁵	Cookie mix, plain (item 838).	11 oz.	84	Water.	1 tbsp.	4	1 small	10	Flavoring	1 1/8 tsp.	1.5
840	Made with milk ⁴	Cookie mix, plain (item 838).	11 oz.	89	Milk..	2 tbsp.	9	--	--	Flavoring	1 1/8 tsp.	1.6

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ Loss of 5 percent applied for evaporation in baking.

⁴ Loss of 8 percent applied for evaporation in baking.

⁵ Loss of 11 percent applied for evaporation in baking.

Table 14.--PIECRUST: Formula based on home recipe¹

[Percentage loss from evaporation in cooking is given as a footnote to the item in this table. This loss was applied to the formula in calculating the nutritive values of the cooked food listed in Handbook 8. The loss was derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients								
		Flour		Cooking fat		Water		Other		
		Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
1597, 1599	Piecrust or plain pastry (unbaked), ^{3 4} made with Enriched or Unenriched flour.	1 c.	<u>Percent</u> 54	5 tbsp.	<u>Percent</u> 30	2 tbsp.	<u>Percent</u> 14	Salt.....	1/2 tsp.	<u>Percent</u> 1.46

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ Baked piecrust, items 1598 and 1600, had the same formula before baking. Loss of 7 percent allowed for evaporation in baking of pie shell.

⁴ Used also for the crust portion of various pies: Items 1566-1588. See table 16.

Table 15.--PIE FILLINGS: Formulas based on home recipes¹

[Quantities listed represent amounts required to prepare a 9-inch-diameter pie. Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutrient values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 4, and applied as illustrated in table 1, p. 2.]

Item No. in AH 8, rev.	Description	Ingredients												
		Fruit, vegetable, or nut			Eggs		Sugar		Liquid			Other		
		Kind	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²	Kind	Measure	Proportion ²
	Fillings for 1-crust pies: ³			<u>Percent</u>		<u>Percent</u>		<u>Percent</u>		<u>Percent</u>		<u>Percent</u>		
1567	Banana custard ⁴ .	Bananas.....	2 medium	29	2 medium	10	1/2 c.	11	Milk..	1 3/4 c.	48	Cornstarch	2 1/3 tbsp.	2
1570	Butterscotch: ⁴ Filling portion.	--	--	--	2 yolks, large.	3	1 c., brown.	20	Milk..	2 c.	44	Flour.....	1/2 c.	5
	Meringue portion.	--	--	--	2 whites, large.	6	1/4 c.	4	Water.	3/4 c.	16	Table fat.	2 tbsp.	2.5
1572	Chocolate chiffon. ⁴	--	--	--	4 medium	28	1 c. less 1 tbsp.	32	Water.	3/4 c.	31	Gelatin..	1 tbsp.	1.3
												Chocolate, bitter.	1 1/2 oz.	7.5
												Vanilla..	1/4 tsp.	.2
1573	Chocolate meringue: ⁵ Filling portion.	--	--	--	2 yolks, medium.	4	3/4 c.	17	Milk..	2 c.	55	Chocolate, bitter.	2 oz.	6.4
	Meringue portion.	--	--	--	2 whites, medium.	7	1/4 c.	6	Water.	1 tbsp.	1.6	Flour.....	3 tbsp.	2.3
												Salt.....	1/4 tsp.	.17
												Vanilla....	1 tsp.	.5
1574	Coconut custard ⁴ .	Coconut, dried, sweetened.	1 1/4 oz.	4	3 large	18	7 tbsp.	9	Milk..	2 1/2 c.	67	Salt.....	1/8 tsp.	.10
												Cornstarch	1 2/3 tbsp.	1.5
												Vanilla...	1 3/4 tsp.	.8
1575	Oatstard ⁴	--	--	--	3 large	18	7 tbsp.	10	Milk..	2 5/8 c.	70	Cornstarch	1 2/3 tbsp.	1.5
												Salt.....	1/3 tsp.	.20
												Vanilla....	1 3/4 tsp.	.8
1576	Lemon chiffon ⁴ ...	Lemon juice.....	5 1/3 tbsp.	14	5 medium	36	1 c.	33	Water.	6 tbsp.	15	Gelatin...	1 tbsp.	1.3
		Lemon rind, grated.	1/2 tsp.	.2								Cornstarch	1 tsp.	.4
1577	Lemon meringue: ⁴ Filling portion.	Lemon juice.....	1/4 c.	7.5	3 yolks, large.	6	3/4 c.	18.4	Water.	1 1/2 c.	44	Cornstarch	4 tbsp.	4
	Meringue portion.	--	--	--	3 whites, large.	12	1/4 c.	6	--	--	--	Salt.....	1/4 tsp.	.25
												Butter....	1 tbsp.	1.7
1580	Pecan ⁶	Pecans.....	1 1/2 c.	23	2 large	14	4 tsp.	2.3	Water.	2 1/3 tbsp.	5	Flour.....	2 1/3 tbsp.	2.6
												Corn sirup	1 c. plus 3 tbsp.	53
1582	Pineapple chiffon ⁴	Pineapple juice, canned, unsweetened.	11 tbsp.	30	4 medium	32	3/4 c.	25	Water.	4 1/2 tbsp.	11.4	Gelatin...	1 tbsp.	1.4
1583	Pineapple custard: ⁴ Filling portion.	Pineapple, canned, crushed, light-sirup pack.	3/4 c.	20	2 yolks, large.	3.3	2/3 c.	13.6	Milk..	1 1/3 c.	33	Flour.....	4 tbsp.	3.1
	Meringue portion.	--	--	--	2 whites, large.	6.5	2 tbsp.	2.5	Water.	3/4 c.	18	--	--	--
1584	Pumpkin ⁶	Pumpkin, canned..	1 1/2 c.	42	2 large	12	1/2 c.	12	Milk..	1 c.	30	Table fat.	2 tbsp.	3.4
												Spices....	2 1/4 tsp.	.5
1587	Strawberry ⁷	Strawberries.....	3 c.	78	--	--	1/2 c.	17	--	--	--	Cornstarch	1 1/2 tbsp.	2.1
		Lemon juice.....	1 tbsp.	2.6										
1588	Sweetpotato ⁶	Sweetpotatoes, boiled, riced.	1 1/2 c.	33.4	2 large	10.2	1/4 c.	5	Milk..	2 c.	47.3	Table fat.	2 tbsp.	2.9
		Lemon juice.....	2 tsp.	1								Spices....	1/2 tsp.	.1
1566	Fillings for 2-crust pies: ⁶ Apple.....	Apples, sliced...	3 1/4 c.	62	--	--	3/4 c.	19	Water.	1/2 c.	16	Cornstarch	1 1/3 tbsp.	1.4
												Salt.....	1/8 tsp.	.09
												Table fat.	1 tsp.	1
1568	Blackberry.....	Blackberries, canned, water pack.	2 1/2 c.	81	--	--	1/2 c. plus 1 tbsp.	15	--	--	--	Cornstarch	2 1/3 tbsp.	2.5
		Lemon juice.....	2 tsp.	1.5										
1569	Blueberry.....	Blueberries, canned, water pack.	2 1/2 c.	81	--	--	1/2 c. plus 1 tbsp.	15	--	--	--	Cornstarch	2 1/3 tbsp.	2.5
		Lemon juice	2 tsp.	1.5										
1571	Cherry.....	Cherries, canned, water pack.	2 1/3 c.	77	--	--	1 1/3 tbsp.	19	--	--	--	Cornstarch	2 2/3 tbsp.	2.9
												Salt.....	1/8 tsp.	.09
												Table fat.	1/2 tbsp.	.9

See footnotes at end of table.

Table 15.--PIE FILLINGS: Formulas based on home recipes¹--Continued

[Quantities listed represent amounts required to prepare a 9-inch-diameter pie. Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients												
		Fruit, vegetable, or nut			Eggs		Sugar		Liquid			Other		
		Kind	Measure	Proportion ² Percent	Measure	Proportion ² Percent	Measure	Proportion ² Percent	Kind	Measure	Proportion ² Percent	Kind	Measure	Proportion ² Percent
1578	Fillings for 2-crust pies ³ -- Continued Mince.....	Apples, dehydrated, sulfured	1/2 c.	9	--	--	1/2 c., brown.	13	Water..	1 3/4 c.	58	Flour.....	4 tsp.	1.3
		Raisins.....	2/3 c. seeded or 5/8 c. seedless.	13					Vinegar.	1 1/3 tsp.	.9	Molasses..	2 1/4 tsp.	2.1
		Lemon peel, grated.	1/2 tbsp.	.4								Spices....	1 3/4 tsp.	.6
		Orange peel, grated.	1/2 tbsp.	.4								Suet.....	1/4 oz.	.9
1579	Peach.....	Peaches.....	5 3/4 medium or 3 1/2 c. sliced.	78	--	--	11 1/2 tbsp.	19	--	--	--	Cornstarch	2 2/3 tbsp.	2.9
1581	Pineapple.....	Pineapple, crushed, canned, light-sirup pack.	1 3/4 c.	60	--	--	1/2 c.	13	Water..	9 tbsp.	18	Corn sirup	2 1/3 tbsp.	.66
1585	Raisin.....	Raisins.....	1 1/2 c. seeded or 1 1/4 c. seedless.	26	--	--	1/2 c.	13	Water..	1 7/8 c.	58	Cornstarch	1 tbsp.	.9
		Lemon juice.....	1 tbsp.	2.3								Salt.....	Dash	.04
1586	Rhubarb.....	Rhubarb, frozen..	2 1/2 c. or 21 oz.	80	--	--	7 tbsp.	12	Water..	2 1/3 tbsp.	5	Cornstarch	2 1/2 tbsp.	.3

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ Losses applied for evaporation in cooking are given in this table only for 1-crust pies in which the crust and filling are cooked separately before being combined into pie. Losses applied for 1-crust pies in which the crust and filling are baked together are given in table 16.

⁴ Loss of 20 percent applied for evaporation in cooking.

⁵ Loss of 5 percent applied for evaporation in cooking.

⁶ Losses applied for evaporation in cooking, representing loss from both filling and crust, are given in table 16 for 2-crust pies and for 1-crust pies in which the crust and filling are baked together.

⁷ Loss of 2 percent applied for evaporation in cooking.

Table 16.--PIES (BASED ON HOME RECIPES): Proportions of crust and of filling in uncooked product¹

[Proportions listed represent amounts of crust and filling required to prepare a 9-inch-diameter pie. Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Proportion of weight of uncooked pie ¹		Item No. in AH 8, rev.	Description	Proportion of weight of uncooked pie ¹	
		Crust	Filling			Crust	Filling
		Percent	Percent			Percent	Percent
1567	One-crust pies: Banana custard.....	18	2 82	1585	Two-crust pies: Raisin ⁶ 7.....	30	70
1570	Butterscotch.....			1566	Apple ⁸		
1574	Coconut custard.....			1568	Blackberry ⁸		
1575	Custard.....			1569	Blueberry ⁸		
1583	Pineapple custard.....			1571	Cherry ⁸	32	68
1577	Lemon meringue.....	19	4 81	1578	Mince ³ 7.....		
1584	Pumpkin ³			1579	Peach ⁸		
1588	Sweetpotato ³			1581	Pineapple ⁷ 8.....		
1573	Chocolate meringue.....	20	5 80	1586	Rhubarb ⁸		
1580	Pecan ³	21	79				
1572	Chocolate chiffon.....	25	75				
1576	Lemon chiffon.....						
1582	Pineapple chiffon.....						
1587	Strawberry.....						

¹ Percentage of total weight of ingredients in both crust and filling except for butterscotch pie (item 1570), chocolate meringue pie (item 1573), and pineapple custard pie (item 1583). For butterscotch pie filling, approximately 80 percent of the total weight of ingredients was used; for chocolate meringue and pineapple custard fillings, 90 percent.

² This proportion for butterscotch pie represents 74 percent filling and 8 percent meringue; for pineapple custard, 75 percent filling and 7 percent meringue.

³ For evaporation in baking, 11 percent loss was applied to the combined weight of unbaked piecrust and filling.

⁴ This proportion for lemon meringue pie represents 66 percent lemon filling and 15 percent meringue.

⁵ This proportion represents 70 percent filling and 10 percent meringue.

⁶ For evaporation in baking, 16 percent loss was applied to the combined weight of unbaked piecrust and filling.

⁷ Percentage loss of evaporation includes loss of evaporation for preliminary cooking of filling.

⁸ For evaporation in baking, 13 percent loss was applied to the combined weight of unbaked piecrust and filling.

Table 17.--PIE (COCONUT CUSTARD): Formula based on mix and added ingredients¹

[Quantities listed represent amounts required to prepare an 8-inch-diameter pie. Percentage loss from evaporation in cooking is given as a footnote to the item in this table. This loss was applied to the formulas in calculating the nutritive values of the cooked food listed in Handbook 8. The loss was derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients							
		Mix			Liquid			Eggs	
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²
			Percent			Percent		Percent	
1596	Coconut custard pie: ³ 4	Coconut custard pie mix (item 1595):							
	Crust, water added.....	Crust portion...	5 1/2 oz.	81	Water...	2 1/2 tbsp.	19	--	--
	Filling, egg yolk, milk added.	Filling portion.	5 1/2 oz.	19	Milk....	2 1/2 c.	76	2 yolks, large.	4.3

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ The proportions of crust and filling in the unbaked pie were 16 and 84 percent, respectively. Approximately 3/4 of the formula given in this table was used for the crust portion of the pie.

⁴ For evaporation in cooking, 11 percent loss was applied to the weights of unbaked crust and filling.

1823	Puddings with starch base: Chocolate ¹⁰	Cornstarch 4 tbsp.	5	Milk... Water... 2 c. 1 tbsp.	73 2.2	1/2 c.	15	--	--	--	--	--	Table fat.... Cocoa, high fat. Salt..... Vanilla.....	1 tsp. 3 1/2 tbsp. Dash 1/2 tsp.	0.7 3.7 .02 .3
1824	Vanilla (blanc mange) ³	Cornstarch 2 1/2 tbsp.	3.6	Milk... 2 c.	89	3 tbsp.	7	--	--	--	--	--	Salt..... Vanilla.....	1/8 tsp. 1/2 tsp.	.04 .5
1860	Remin dessert, home-prepared with tablet.	--	--	Milk... 2 c. Water... 1 tbsp.	89 2.7	3 tbsp.	7	--	--	--	--	--	Vanilla..... Rennet tablet	1 tsp. 1 tablet	.8 .2
1866	Rhubarb: Raw, cooked, added sugar ⁹	--	--	Water.. 2 tbsp.	8	1/2 c.	27	--	--	Rhubarb...	2 c.	65	--	--	--
1868	Frozen, sweetened, cooked, added sugar. ¹¹	--	--	Water.. 2 1/2 tbsp.	31	5 tbsp.	18	--	--	Rhubarb, frozen.	2 c.	71	--	--	--
1891	Rice pudding with raisins ⁸	Rice, long- grain, raw (item 1877).	9	Milk... 2 c. Water.. 1/2 c.	63 15	4 tbsp.	7	--	--	Raisins...	5 tbsp.	6	Salt.....	Dash	.06
2269	Tapioca desserts: Apple tapioca ⁹	Tapioca, granu- lated.	9.7	Water.. 2 c.	61	1/2 c.	12.8	--	--	Apples, diced.	1 c.	17	Salt.....	1/8 tsp.	.10
2270	Tapioca cream pudding ³	Tapioca, granu- lated.	2.1	Milk... 2 c.	72	1/3 c.	10	2 large	15	--	--	--	Salt..... Vanilla.....	1/4 tsp. 1 tsp.	.22 .6

¹ See p. 6, Notes on Specific Ingredients.

² Percentage of total weight of ingredients.

³ Loss of 10 percent applied for evaporation in cooking.

⁴ Loss of 5 percent applied for evaporation in preparation. The percentage loss applies to the weight of the ingredients excluding the whipped cream.

⁵ Proportions by weight of shell and filling used in cream puffs: 51 and 49 percent, respectively--in terms of either the uncooked or cooked product.

⁶ Proportions by weight of shell, filling, and icing used in eclairs: 47, 46, and 7 percent, respectively, in the uncooked product; 48, 46, and 6 percent, respectively, in the cooked food. The proportion of

icing used represents about 1/4 of the formula for chocolate icing shown in this table.

⁷ Loss of 18 percent applied for evaporation in cooking.

⁸ Baked product.

⁹ Loss of 20 percent applied for evaporation in cooking.

¹⁰ Loss of 5 percent applied for evaporation in cooking.

¹¹ Loss of 14 percent applied for evaporation in cooking.

Table 19.--DESSERTS, MISCELLANEOUS: Formulas based on mixes and added ingredients¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in All 8, rev.	Description	Ingredients								
		Mix			Liquid			Other		
		Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Kind	Measure	Proportion ²
1032	Gelatin desserts: Plain ³	Gelatin dessert powder (item 1031).	3 oz. (1/2 c.).	15.5	Water.....	2 c.	84.5	--	--	--
1033	With fruit added ⁴	Gelatin dessert powder (item 1031).	3 oz. (1/2 c.).	10	Water.....	2 c.	99	Bananas, sliced Grapes ⁵	1 c. 1 c.	18 17
1826	Puddings: With starch base: Chocolate, regular ³	Chocolate pudding, regular (item 1825).	4 oz.	19	Milk.....	2 c.	81	--	--	--
1828	Chocolate, instant.....	Chocolate pudding, instant (item 1827).	4 1/2 oz.	21	Milk.....	2 c.	79	--	--	--
1830	With vegetable gum base: Custard-dessert ³	Custard-dessert (item 1829).	4 1/2 oz.	17	Milk.....	2 1/2 c.	83	--	--	--
1862	Rennin desserts: Chocolate.....	Rennin dessert, chocolate (item 1861).	2 oz.	11	Milk.....	2 c.	89	--	--	--
1864	Other flavors (vanilla, caramel, fruit flavorings).	Rennin desserts, other flavors (item 1863).	1 1/2 oz.	8	Milk.....	2 c.	92	--	--	--

¹ See p. 6, Notes on Specific Ingredients.
² Percentage of total weight of ingredients.
³ Loss of 3 percent applied for evaporation in cooking.
⁴ European type (adherent skin), item 1085.
⁵ Loss of 7 percent applied for evaporation in cooking.

Table 20.--FRUITS, DRIED AND DEHYDRATED: Proportions of ingredients in formulas and the cooked product

Item No. in All 8, rev.	Description	Ingredients in formula						Proportion of weight of cooked fruit		Ratio of weights--Cooked to dried or dehydrated fruit
		Fruit		Water		Sugar		Drained fruit	Drained liquid	
		Measure	Proportion ¹	Measure	Proportion ¹	Measure	Proportion ¹			
20	Apples: Dehydrated; cooked, with added sugar.....	1 lb.	Percent 13	12 1/2 c.	82	1 c.	5	--	--	6.9:1
22	Dried, cooked: Without added sugar.....	1 lb.	21	7 c.	79	--	--	68	32	3.5:1
23	With added sugar.....	1 lb.	20	7 c.	72	1 c.	9	68	32	4.0:1
38	Apricots: Dehydrated; nugget-type and pieces, cooked, with added sugar.....	1 lb.	16	9 c.	77	1 c.	7	--	--	4.2:1
40	Dried: Cooked, without added sugar.....	1 lb.	28	5 c.	72	--	--	61	39	3.1:1
41	Cooked, with added sugar.....	1 lb.	25	5 c.	64	1 c.	11	60	40	3.5:1
1486	Peaches: Dehydrated; nugget-type and pieces, cooked, with added sugar.....	1 lb.	16	9 c.	77	1 c.	7	--	--	4.2:1
1488	Dried: Cooked, without added sugar.....	1 lb.	28	5 c.	72	--	--	60	40	3.2:1
1489	Cooked, with added sugar.....	1 lb.	25	5 c.	64	1 c.	11	60	40	3.6:1
1510	Pears, dried: Cooked, without added sugar.....	1 lb.	39	3 c.	61	--	--	81	19	2.1:1
1511	Cooked, with added sugar.....	1 lb.	36	3 c.	56	1/2 c.	8	81	19	2.3:1
1817	Prunes: Dehydrated; nugget-type and pieces, cooked, with added sugar.....	1 lb.	16	9 c.	77	1 c.	7	--	--	2.9:1
1819	Dried ("softenized"): Cooked, without added sugar.....	1 lb.	39	3 c.	61	--	--	65	35	2.0:1
1820	Cooked, with added sugar.....	1 lb.	33	3 c.	52	1 c.	15	65	35	2.4:1
1847	Raisins, natural (unbleached), cooked with added sugar...	1 lb. ²	33	3 c.	52	1 c.	15	72	28	2.1:1

¹ Percentage of total weight of ingredients.
² Seedless raisins.

Table 21. -- LEGUMES, DRY: Proportions of dry legume and of water in cooked product

Item No. in AH 8, rev.	Description	Proportion of weight of cooked legume		Ratio of weights-- Cooked to dry legume
		Dry legume	Absorbed water	
		<u>Percent</u>	<u>Percent</u>	
155	Beans, common; mature seeds, dry, cooked: White.....	35	65	2.9:1
160	Red.....	35	65	2.9:1
177	Beans, lima; mature seeds, dry, cooked ¹ ..	40	60	2.5:1
904	Cowpeas, including blackeye peas; mature seeds, dry, cooked, solids and liquid..	22	² 78	4.5:1
1533	Peas; mature seeds, dry, split, cooked...	33	67	3.0:1
2140	Soybeans; mature seeds, dry, cooked.....	32	68	3.1:1

¹ A partially rehydrated product for use as an ingredient in a mixed dish that requires additional cooking. If completely rehydrated, the proportions of dry beans and absorbed water in the cooked product and the ratio of the cooked yield to the dry legume would be about the same as noted for items 155 and 160. The composition of fully rehydrated lima beans is as follows: Water, 69.1 percent; food energy, 119 Cal.; protein, 7.0g.; fat, 0.6g.; total carbohydrate, 22.0 g.; fiber, 1.5 g.; ash, 1.3 g.; calcium, 25 mg.; phosphorus, 133 mg.; sodium, 1 mg.; potassium, 527 mg.; vitamin A value, trace; thiamine, 0.12 mg.; riboflavin, 0.05 mg.; niacin, 0.6 mg.; and ascorbic acid, --.

² Represents residual cooking liquid as well as absorbed water.

Table 22.--MAIN COURSE DISHES: Formulas based on home recipes¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients														
		Meat or meat alternate ²			Cereal			Vegetable			Liquid		Other			
		Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³
371	Beef and vegetable stew, cooked (with lean beef chuck). ⁴	Beef, arm, choice grade.	12 oz.	24	--	--	Carrots... Onion.... Peas, green. Tomatoes, canned. Potatoes..	2 (5 1/2" x 1") 1 medium 2/3 c. 7 tbsp. 2 medium	6.8 6.8 6.8 6.8 17	Water.....	2 c.	32	--	--	--	
381	Beef, dried, chipped, creamed. ⁵	Beef, dried, chipped. ⁶	3 1/2 oz.	12.6	Flour.....	3 1/2 tbsp.	3.3	--	--	Milk.....	2 1/2 c.	77	Table fat.	3 2/3 tbsp.	6.7	
658	Cheese fondue ⁷	Cheese, Cheddar, grated. Eggs.....	1 c. 3 large	20 26	Bread- crumbs, soft.	1 c.	8	--	--	Milk.....	1 c.	44	Table fat. Salt.....	2 tsp. 1/3 tsp.	1.7 .36	
659	Cheese souffle ⁸	Cheese, Cheddar, grated. Eggs.....	3/4 c. 3 large	16 27	Flour.....	3 tbsp.	4	--	--	Milk.....	1 c.	45	Table fat. Salt.....	3 tbsp. 1/4 tsp.	8 .28	
748	Chicken a la king ⁹	Chicken, boned, canned. Egg yolk....	1 c. 1 large	28 2.4	Flour.....	3 tbsp.	2.8	Mushrooms, canned. Pimiento, canned.	1/2 c. 1 pimiento	17 5.3	Chicken stock. Milk..... Cream, light.	1/6 c. 1/2 c. 1/2 c.	Cooking fat. Salt.....	3 tbsp. 1/2 tsp.	5.2 .42	
749	Chicken fricassee ⁹	Chicken, boned, canned.	4 c.	42	Flour.....	1/2 c.	3	--	--	Chicken broth. ⁶ Water.....	3 1/2 c. 1/2 c.	44 6	Chicken fat.	1/2 c.	5	
752	Chicken and noodles ⁹	Chicken, boned, canned.	1 c.	27	Noodles, enriched, cooked. Flour.....	1 1/2 c. 2 tbsp.	33 2	Onion, chopped.	1 tbsp.	1	Chicken broth.	1 c.	33	Chicken fat. Salt.....	2 1/2 tbsp. 1/3 tsp.	4 .11
762	Onop suey, with meat ⁹	Beef, cooked (item 355). Pork, cooked (item 1752).	4 1/4 oz. 3 1/2 oz.	14 12	Flour.....	2 tbsp.	2	Pepper, green, chopped. Onion, chopped. Celery, diced. Bean sprouts (mung). Mushrooms, canned.	1 medium or 1/2 c. 1/2 c. 1 c. 1 c. 1/2 c.	9 9 12 11 14	Broth.....	1/4 c.	7	Table fat. Soy sauce.	3 tbsp. 2 tbsp.	5 5

764	Chow mein, chicken (without noodles). ⁹	Chicken, boned, canned.	3/4 c.	32	Cornstarch..	1/2 tsp.	0.3	Bean sprouts (mung), Celery, diced. Onion, chopped. Mushrooms, canned.	1 c.	17	Broth..... Water.....	1/2 c. 1/2 tbsp.	24	Soy sauce. Cooking oil. Sugar..... Salt.....	2 tsp. 1/2 tbsp. 1 tsp. Dash	2 1
801	Coleslaw, made with-- French dressing (homemade).	--	--	--	--	--	--	Cabbage ¹⁰ .	4 c.	83	--	--	--	French dressing (item 1944).	6 tbsp.	17
802	French dressing (commercial).	--	--	--	--	--	--	Cabbage ¹⁰ .	4 c.	82	--	--	--	French dressing (item 1932).	6 tbsp.	18
803	Mayonnaise	--	--	--	--	--	--	Cabbage ¹⁰ .	4 c.	83	--	--	--	Mayonnaise.	6 tbsp.	17
804	Salad dressing (mayonnaise type).	--	--	--	--	--	--	Cabbage ¹⁰ .	4 c.	82	--	--	--	Salad dressing (item 1940).	6 tbsp.	18
851	Corn fritters ¹¹	Eggs.....	2 large	13	Flour.....	2 c.	28	Corn, canned, drained solids.	2 c.	42	Milk.....	1/2 c.	15	Table fat. Baking powder. Salt.....	1 tsp. 2 tsp. 1/2 tsp.	.6 .91 .38
875	Corn pudding ⁸	Egg.....	1 large	6.4	Flour.....	2 tbsp.	1.8	Corn, canned, drained solids.	2 c.	42	Milk.....	1 1/2 c.	47	Cooking fat. Salt.....	1 tbsp. 1 tsp.	1.6 .77
973	Egg: Fried ⁹	Egg.....	1 large	96	--	--	--	--	--	--	--	--	--	Table fat. Salt.....	1/2 tsp. Dash	4 .38
975	Omelet ⁹	Egg.....	1 large	69	--	--	--	--	--	--	Milk.....	1 1/3 tbsp.	28	Table fat. Salt.....	1/2 tsp. Dash	3 .28
976	Poached.....	Egg.....	1 large	99.6	--	--	--	--	--	--	--	--	--	Salt.....	Dash	.40
977	Scrambled ⁹	Egg.....	1 large	69	--	--	--	--	--	--	Milk.....	1 1/3 tbsp.	28	Table fat. Salt.....	1/2 tsp. Dash	3 .28

See footnotes at end of table.

Table 22. --MAIN COURSE DISHES: Formulas based on home recipes¹--Continued

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and app. as illustrated in table 1, p. 2.]

Item No. in AH 8, rev.	Description	Meat or meat alternate ²			Cereal			Vegetable			Liquid			Other		
		Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³
1108	Ham croquette ¹²	Ham, cooked, diced (item 1771).	2 c.	44.6	Flour..... Breadcrumbs, dry, grated.	4 tbsp. 1/2 oz.	4 6.5	Parsley, chopped. Onion juice.	1 tsp. Few drops	0.5 .1	Lemon juice. Milk.....	1 tsp. 1 c.	0.7 36.6	Salt..... Table fat. Cooking fat.	1/2 tsp. 3 tsp. --	0.45 6 -- 36.6
1304	Macaroni and cheese, baked, from home recipe. ⁵	Cheese, Cheddar, chopped.	2 c. or 1/2 lb.	15	Macaroni, cooked, firm stage. Flour..... Breadcrumbs, dry, grated.	5 c. 2 tbsp. 1 c. 13	45 1 3	--	--	--	Milk.....	2 c.	31	Table fat. Salt.....	5 tbsp. 1 tsp.	4.5 .39
1451	Oyster stew. ¹⁴ 1 part oysters to 2 parts milk by volume.	Oysters, raw.	1 pt.	32	--	--	--	--	--	--	Milk.....	1 qt.	64	Table fat. Salt.....	4 tbsp. 1 1/2 tsp.	3.7 .59
1452	1 part oysters to 3 parts milk by volume.	Oysters, raw.	1 pt.	24	--	--	--	--	--	--	Milk.....	3 pt.	73	Table fat. Salt.....	3 tbsp. 1 tsp.	2.1 .30
1547	Peppers, stuffed with beef and crumbs. ⁵	Beef, round, cooked, ground.	2 c.	28	Breadcrumbs, dry, grated.	2 c. ¹⁵	16	Peppers, green. Onion.....	6 medium 1 small	37 10	Milk.....	1/4 c.	6	Table fat. Salt.....	2 tbsp. 1/2 tsp.	2.6 .28
1789	Potatoes: Cooked: French-fried ¹⁶	--	--	--	--	--	--	Potatoes..	5 medium	100	--	--	--	Cooking fat.	--	--
1790	Fried from raw ⁷	--	--	--	--	--	--	Potatoes..	5-6 medium	100	--	--	--	Salt..... Cooking fat.	1/3 tsp. --	.29 --
1791	Hash-browned ¹⁸	--	--	--	--	--	--	Potatoes, pared, boiled.	5-6 medium	100	--	--	--	Salt..... Cooking fat.	1/2 tsp. --	.44 --
1792	Mashed: Milk added.....	--	--	--	--	--	--	Potatoes, pared, boiled.	4 medium	84	Milk.....	6 tbsp.	15	Salt.....	3/4 tsp.	.75
1793	Milk, table fat added.	--	--	--	--	--	--	Potatoes, pared, boiled.	4 medium	80	Milk.....	6 tbsp.	14	Table fat. Salt.....	2 tbsp. 3/4 tsp.	4.5 .72
1794	Scalloped and au gratin. ⁵ With cheese.....	Cheese, Cheddar, chopped.	1 c. or 1/4 lb.	9	Flour.....	3 tbsp.	1.7	Potatoes..	5-6 medium	55	Milk.....	1 1/2 c.	30	Table fat. Salt.....	3 tbsp. 1 1/2 tsp.	3.4 .74

1795	Without cheese.....	--	--	--	Flour.....	2 tbsp.	1.7	Potatoes..	4 medium	59	Milk.....	1 1/4 c.	36	Table fat. Salt.....	1 1/2 tbsp. 1 tsp.	2.5 .71
1804	Frozen: Diced, hash-browned ¹⁸	--	--	--	--	--	--	Potatoes, diced, frozen.	2 lb.	100	--	--	--	Salt.....	2/3 tsp.	.44
1808	Mashed, heated.....	--	--	--	--	--	--	Potatoes, mashed, frozen.	1 lb.	91	Milk.....	2 tbsp.	6	Table fat. Salt.....	1 tbsp. 1/2 tsp.	3 .60
1811	Potato salad, made with-- Cooked salad dressing, seasonings.	--	--	--	--	--	--	Potatoes, pared, boiled. Onion, chopped.	4 medium 1 tbsp.	70 1.4	--	--	--	Cooked salad dressing (item 1945). Salt.....	3/4 c. 1 tsp.	28 .83
1812	Mayonnaise and french dressing, hard- cooked eggs, seasonings.	2 large	12	--	--	--	--	Potatoes, pared, boiled. Celery, diced. Pickles, fresh cucumber slices. Onion, chopped.	4 medium	62	--	--	--	French dressing (item 1932). Mayon- naise. Salt.....	1/4 c. 1/4 c. 1 tsp.	7 6 .73
2163	Potato sauce (ingredient in item 2163). ⁵	1/2 c.	3	--	Spaghetti, cooked, "al dente" stage.	6 c.	42	Tomato sauce, cooked.	5 c.	55	--	--	--	--	--	--
2165	Spaghetti with meatballs in tomato sauce.	--	69	--	Spaghetti, cooked, "al dente" stage.	6 c.	29	Tomatoes, canned. Tomato paste (25% solids). Onion, chopped. Garlic....	2 1/2 c. 4 oz. 1/2 c. 1 clove	46 9 6 .2	Water.....	1 3/4 c.	33	Olive oil. Salt..... Sugar.....	3 1/2 tbsp. 2/3 tsp. 1 tbsp.	4 .31 1

See footnotes at end of table.

Table 22. --MAIN COURSE DISHES: Formulas based on home recipes¹ --Continued

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients														
		Meat or meat alternate ²		Cereal		Vegetable			Liquid			Other				
		Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Percent		
2165 (Con.)	Spaghetti with meatballs in tomato sauce--Continued	Beef, lean cooked (item 355), ground.	3/4 lb.	12	Breadcrumbs, dry, grated.	1 c.	4	Parsley, chopped.	7 tbsp.	1	Milk.....	1/2 c.	5	Cooking fat.	1/4 c.	2
	Meatballs in tomato sauce (ingredient in item 2165) ⁴	Pork, cooked (item 1750), ground.	1/4 lb.	4	Flour.....	2 tbsp.	.6	Garlic....	2 cloves	.2				Pepper....	4 tsp.	.97
		Eggs.....	2 large	4				Onions,	1 c.	6				Sugar....	1 tbsp.	.5
								Tomatoes,	5 c.	49				Worcestershire sauce.	1 tbsp.	.2
2168	Spanish rice ⁷			--	Rice, white, cooked, unenriched.	1 3/4 c.	31	Tomato paste (25% solids), Peppers, sweet, diced.	1 tsp.	.1						
				--				Onion,	3 1/3 tbsp.	4				Cooking oil.	1 3/4 tsp.	.9
				--				Peppers,	4 tbsp.	4				Salt.....	1/2 tsp.	.35
				--				Green,						Sugar....	3/4 tsp.	.4
				--				diced.						Worcestershire sauce.	1/3 tsp.	.2
				--				Tomatoes,	2 c.	55						
				--				canned.	1/3 c.	3.5						
2251	Sweetpotatoes, candied ⁸ .			--				Celery,								
				--				diced.								
				--				Sweet-	6 (average weight, 7 oz.).	75	Water.....	1/2 c.	7.4	Sugar, brown.	1 c.	14
242B	Weish rarebit ⁹	Cheese, Cheddar, grated.	1/2 c.	17	Flour.....	1 tbsp.	2	potatoes, boiled, pared.						Table fat.	4 tbsp.	3.5
				--										Salt.....	1/2 tsp.	.19
				--										Table fat.	1 tbsp.	4.4
				--										Salt.....	1/8 tsp.	.25
				--										Mustard,	1/8 tsp.	.1
				--										dry.		

1 See p. 6, Notes on Specific Ingredients.
 2 Meat alternate includes cheese, eggs, or poultry.
 3 Percentage of total weight of ingredients.
 4 Loss of 13 percent applied for evaporation in cooking. The sodium content shown in Handbook 8 for this item represents a product without salt. If salt were included in the formula, the sodium content would be approximately 119 mg. per 100 g. of stew.
 5 Loss of 10 percent applied for evaporation in cooking.
 6 Contributes sufficient salt for seasoning.
 7 Loss of 28 percent applied for evaporation in cooking.
 8 Loss of 4 percent applied for evaporation in cooking.
 9 Loss of 12 percent applied for evaporation in cooking.
 10 Finely shredded or grated.
 11 Loss of 35 percent applied for evaporation in cooking; fat absorbed during frying, 14 percent.
 12 Loss of 15 percent applied for evaporation in cooking; fat absorbed during frying, 4 percent.
 13 Used for topping.
 14 Loss of 6 percent applied for evaporation in cooking.
 15 One-half of this amount was used for topping.
 16 Loss of 57 percent applied for evaporation in cooking; fat absorbed during frying, 6 percent.
 17 Loss of 47 percent applied for evaporation in cooking; fat absorbed during frying, 7 percent.
 18 Loss of 55 percent applied for evaporation in cooking; fat absorbed during frying, 7 percent.
 19 Loss of 13 percent applied for evaporation in cooking.

Table 23.--POTPIES AND PIZZAS: Formulas for crusts based on home recipes¹

[Quantities listed represent amounts required to prepare a 9-inch-diameter potpie and a 13 1/2-inch-diameter pizza]

Item No. in AH 8, rev.	Description	Ingredients										
		Flour		Cooking fat		Water		Yeast, dry		Other		
		Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
382	Crust ³ for: Beef potpie.....	7/8 c.	52	1/4 c.	28	2 1/3 tbap.	19	--	--	Salt....	1/3 tsp.	1.10
750	Chicken potpie ⁴	7/8 c.	58	3 tbap.	23	2 tbap.	18	--	--	Salt....	1/3 tsp.	1.27
1628	Pizza, with cheese topping. ⁵	1 5/8 c.	55	2 3/4 tsp.	3	1/2 c.	38	1/8 oz.	1.2	Sugar....	1/2 tsp.	.6
										Salt....	2/3 tsp.	1.22

¹ See p. 6, Notes on Specific Ingredients.² Percentage of total weight of ingredients.³ Losses applied for evaporation in cooking, representing loss from both filling and crust, are given in table 25, footnotes 1 and 2.⁴ Used also for the crust portion of turkey potpie: Item 2350.⁵ Used also for the crust portion of pizza with sausage topping: Item 1629.Table 24.--POTPIES AND PIZZAS: Formulas for fillings based on home recipes¹

[Quantities listed represent amounts required to prepare a 9-inch-diameter potpie and a 13 1/2-inch-diameter pizza]

Item No. in AH 8, rev.	Description	Ingredients											
		Meat or meat alternate ²			Vegetable			Liquid			Other		
		Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³	Kind	Measure	Proportion ³
382	Fillings ⁴ for: Beef potpie.....	Beef, cooked, diced.	5 oz.	23	Carrot, diced. Onion, chopped. Potato, cubed. Peas, green.	1/3 c. 1 tbap. 1/3 c. 1/3 c.	9 2 9 8	Broth...	1 c.	40	Flour.... Cooking fat. Salt.....	3 tbap. 2 1/4 tbap. 1/6 tap.	4 5 .13
750	Chicken potpie.....	Chicken, cooked.	5 1/2 oz.	23	Carrots, diced. Peas, green. Onion, chopped.	5/8 c. 5/8 c. 1 tap.	13 13 .6	Chicken broth. Cream...	3/4 c. 6 2/3 tbap.	28 15	Flour.... Table fat Chicken fat. Salt.....	3 1/3 tbap. 1/2 tbap. 1 oz. 1/8 tap.	4 1 2.1 .01
2350	Turkey potpie.....	Turkey, cooked.	5 1/2 oz.	23	Carrots, diced. Peas, green. Onion, chopped.	5/8 c. 5/8 c. 1 tap.	13 13 .6	Turkey broth. Cream...	3/4 c. 6 2/3 tbap.	28 15	Flour.... Table fat Salt.....	3 1/3 tbap. 1 1/2 tbap. 1/8 tap.	4 3.1 .01
1628	Fillings ⁴ for pizza: With cheese topping.....	Cheese, Parmesan, grated.	3 1/4 oz.	25	Tomatoes, canned. Tomato puree. Garlic.... Onion, chopped.	1/2 c. 1/2 c. 1/3 clove 2 tbap.	33 33 .3 6	--	--	--	Olive oil ⁵ Salt.... Oregano.. Pepper...	1 1/3 tap. 1/2 tap. Dash Dash	1.7 .83 -- --
1629	With sausage topping ⁶	Pork sausage, canned.	4 oz.	30	Tomatoes, canned. Tomato puree. Garlic.... Onion, chopped.	1/2 c. 1/2 c. 1/3 clove 2 tbap.	31 31 .3 5.2	--	--	--	Olive oil ⁵ Salt.....	1 1/3 tap. 1/2 tap.	1.6 .78

¹ See p. 6, Notes on Specific Ingredients.² Meat alternate includes cheese, eggs, or poultry.³ Percentage of total weight of ingredients.⁴ Losses applied for evaporation in cooking, representing loss from both filling and crust, are given in table 25, footnotes 1 and 2.⁵ Spread over crust.⁶ The formula for the filling in pizza with sausage topping, item 1629 in Handbook 8, did not contain cheese. If 3 1/4 oz. of grated Parmesan cheese were added to this formula, the proportions of ingredients would be modified as follows: Cheese, 19 percent; sausage, 24 percent; tomatoes, 25 percent; tomato puree, 25 percent; garlic, 0.2 percent; onion, 4.2 percent; salt, 0.63 percent; olive oil, 1.3 percent.

Table 25.--POTPIES AND PIZZAS: Proportions of crust and of filling in uncooked product

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Proportion of weight of uncooked pie		Item No. in AH 8, rev.	Description	Proportion of weight of uncooked pie	
		Crust	Filling			Crust	Filling
382	Beef potpie ¹	Percent 23	Percent 77	1628	Pizza: With cheese topping ²	46	54
750,2350	Chicken or turkey potpie ¹	20	80	1629	With sausage topping ²	46	54

¹ For evaporation in baking, 18 percent loss was applied to the combined weight of unbaked crust and filling.
² For evaporation in baking, 25 percent loss was applied to the combined weight of unbaked crust and filling.
³ This product did not contain cheese in the filling. If 3 1/4 oz. of grated Parmesan cheese were added to the formula (see footnote 6, table 24) and if unenriched flour were used, 100 g. of the ready-to-serve pizza would have the following composition: water, 43.0 percent; food energy, 282 Cal.; protein, 12.9 g.; fat, 13.3 g.; total carbohydrate, 27.4 g.; fiber, 0.3 g.; ash, 3.4 g.; calcium, 188 mg.; phosphorus, 205 mg.; iron, 1.4 mg.; sodium, 668 mg.; potassium, 196 mg.; vitamin A value, 550 I.U.; thiamine, 0.08 mg.; riboflavin, 0.18 mg.; niacin, 1.4 mg.; and ascorbic acid, 9 mg.
⁴ The proportions of crust and filling in this product with cheese added to the filling would be 41 percent and 59 percent, respectively.

Table 26.--MISCELLANEOUS FOOD MIXTURES: Formulas based on home recipes¹

[Percentage losses from evaporation in cooking are given as footnotes to specific items in this table. These losses were applied to the formulas in calculating the nutritive values of the cooked foods listed in Handbook 8. The losses were derived as explained in the section, Weight Change During Cooking, p. 2, and applied as illustrated in table 1, p. 2]

Item No. in AH 8, rev.	Description	Ingredients												
		Flour		Liquid		Fat			Sugar		Other			
		Measure	Proportion ²	Kind	Measure	Proportion ²	Kind	Measure	Proportion ²	Measure	Proportion ²	Kind	Measure	Proportion ²
924	Cranberry sauce, sweetened, home-prepared, unstrained. ³	--	Percent	Water...	1 c.	22	--	--	--	2 c.	37	Cranberries.	1 lb. (approx. 4 c.).	42
925	Cranberry-orange relish, uncooked.	--	--	--	--	--	--	--	--	2 c.	38	Cranberries Orange, including peel.	4 c. 1 (3-inch diameter).	43 19
1330	Milk, malted, beverage.....	--	--	Milk....	1 c.	90	--	--	--	--	--	Malted milk powder.	3 heaping tap.	10
1333	Chocolate beverages: Hot chocolate ⁴	--	--	Water Milk....	1/2 c. 3 1/2 c.	11 81	--	--	--	4 tbsp.	5	Chocolate, bitter. Salt.....	1 oz. Few grains	2.7 .01
1334	Hot cocoa ⁴	--	--	Milk....	4 c.	93	--	--	--	4 tbsp.	5	Cocoa, high-fat, plain.	4 tbsp.	2.7
1944	Salad dressings: French.....	--	--	Vinegar.	1/4 c.	25	Cooking oil.	3/4 c.	70	1 tap.	2	Salt..... Paprika..... Mustard, dry Pepper.....	1 tap. 1/2 tap. 1/4 tap. Dash	1.70 .8 .3 --
1945	Cooked ⁵	3 tbsp.	4.4	Milk.... Vinegar.	1 c. 6 tbsp.	53 19	Table fat	2 tbsp.	6.1	2 tbsp.	5.4	Egg..... Mustard, brown, prepared. Salt.....	1 large -- 1 tap.	10.4 .1 1.30
2469	White sauce: ³ Thin.....	1 tbsp.	3	Milk....	1 c.	92	Table fat	1 tbsp.	5	--	--	Salt.....	1/4 tap.	.56
2470	Medium.....	2 tbsp.	5	Milk....	1 c.	85	Table fat	2 tbsp.	10	--	--	Salt.....	1/4 tap.	.52
2471	Thick.....	3 1/2 tbsp.	8	Milk....	1 c.	78	Table fat	3 tbsp.	13.5	--	--	Salt.....	1/4 tap.	.48

¹ See p. 6, Notes on Specific Ingredients.
² Percentage of total weight of ingredients.
³ Loss of 10 percent applied for evaporation in cooking.
⁴ Loss of 8 percent applied for evaporation in cooking.
⁵ Loss of 18 percent applied for evaporation in cooking.

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