

INGREDIENT LIST INSTRUCTIONS

Products sold packaged need full labels, which must include a complete ingredient list. Products sold by special order only need to have complete ingredient lists, in the same format as would be on a label, available for review by the consumer.

How To Create Ingredient Lists

All ingredients must be listed in descending order of predominance **by weight**. Any ingredients that themselves contain more than one ingredient must include those component ingredients verbatim **in parentheses** after the name.

NOTE: The red weights in the recipe below are for demonstration purposes, as information used in calculating the order of the ingredient lists. Inclusion of such information in your own recipes is optional. I used two web sites -- <http://www.kingarthurflour.com/learn/ingredient-weight-chart.html> and <http://www.aquacalc.com/calculate/food-volume-to-weight> -- to estimate the weights below.

CHOCOLATE CHIP COOKIES

2 1/4 cups all-purpose flour **270g**
1 teaspoon baking soda **4.6g**
1 teaspoon salt **6g**
1 cup (2 sticks) butter **227g**
3/4 cup granulated sugar **149g**
3/4 cup packed brown sugar **160g**
1 teaspoon vanilla extract **4.3g**
2 large eggs **100g**
2 cups (12-oz. pkg.) semi-sweet chocolate chips **340g**
1 cup chopped walnuts (optional) **113g**

[Note that with the 'optional' walnuts, this is actually two products: one cookie with walnuts and one without. This requires two separate product identities and two ingredient lists.]

Examples:

Chocolate Chip Cookies

Ingredients: **Semi-sweet chocolate** (unsweetened chocolate, sugar, cocoa butter, milk fat, soy lecithin, vanilla), **flour** (wheat flour, malted barley flour, thiamine mononitrate, folic acid, riboflavin, reduced iron), **butter** (cream, salt), **brown sugar** (sugar, invert sugar, molasses), **sugar, eggs, salt, baking soda, natural flavoring**

Contains wheat, egg, milk, and soy ← If the product contains any of the eight major allergens (peanuts, tree nuts, wheat, milk, egg, soy, fish, or crustacean shellfish) they must be listed by the name of the source food.

Chocolate Chip Walnut Cookies

Ingredients: **Semi-sweet chocolate** (unsweetened chocolate, sugar, cocoa butter, milk fat, soy lecithin, vanilla), **flour** (wheat flour, malted barley flour, thiamine mononitrate, folic acid, riboflavin, reduced iron), **butter** (cream, salt), **brown sugar** (sugar, invert sugar, molasses), **sugar, walnuts, eggs, salt, baking soda, natural flavor**

Contains wheat, egg, milk, soy, and walnuts ← Allergens in the tree nut, fish, and crustacean shellfish categories must be specific to species or type.

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Weights Of Common Ingredients

Name	Weight
All Purpose Flour	120 g per cup
Sugar	198 g per cup
Brown Sugar	213 g per cup
Powdered Sugar	113 g per cup
Honey	340 g per cup
Corn Syrup	312 g per cup
Water	237 g per cup
Milk	245 g per cup
Cream	240 g per cup
Soybean Oil	198 g per cup
Shortening	184 g per cup
Butter	227 g per cup (2 sticks)
Egg*	50 g for 1 large egg
Cocoa Powder	80 g per cup
Salt	6 g per teaspoon
Baking Soda	4.6 g per teaspoon
Baking Powder	4.6 g per teaspoon
Vanilla Extract	4.33 g per teaspoon

* USDA graded Large eggs are selected to weigh 24 oz per dozen, which averages 2 oz (57 g) per whole egg in shell. The shell weighs about 7 g, leaving the contents to weigh about **50 g**.

Medium eggs (without shells) weigh about 44 g; extra-large eggs weigh about 56 g.