

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 (for labels or full-service products)

All ingredients must be listed **in descending order of predominance by weight** on the label or ingredient list. (The recipe can be in any order.) 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 recipes below are for demonstration purposes, as information used in calculating the descending 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.

Recipe Example

Sugar Cookies

3/4 cup butter, softened	(170 g)
3/4 cup white sugar	(149 g)
1 large egg	(50 g)
1 teaspoon vanilla extract	(4.33 g)
1/2 tsp almond extract	(2.16 g)
2 1/4 cups all-purpose flour	(270 g)
1/2 teaspoon baking powder	(2.3 g)
1/2 tsp salt	(3 g)

Preheat the oven to 375 degrees F (190 degrees C).

Stir together flour, baking soda, and baking powder in a small bowl.

Cream butter and sugar until smooth in a large bowl. Beat in egg and vanilla. Gradually blend in dry ingredients. Roll rounded teaspoonfuls of dough into balls, and place onto ungreased cookie sheets.

Bake in the preheated oven until golden, 8 to 10 minutes. Let stand on cookie sheet for 2 minutes before removing to cool on wire racks.

Royal Icing

4 cups confectioners' sugar	(480g)
3 Tbsp meringue powder	(64.5 g)
9–10 Tablespoons water	(~142 g)
optional for decorating: gel food coloring	

Pour confectioners' sugar, meringue powder, and 9 Tablespoons of water into a large bowl. Using a mixer fitted with a whisk attachment, beat icing ingredients together on high speed for 1.5 – 2 minutes.

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Examples:

Frosted Sugar Cookies (white)

INGREDIENTS: CONFECTIONER'S SUGAR (SUGAR, CORN STARCH), FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), BUTTER (CREAM, SALT), SUGAR, WATER, MERINGUE POWDER (POWDERED SUGAR, SUGAR, EGG WHITES, ARABIC GUM, AMMONIUM ALUMINUM SULFATE (FLAVOR ENHANCER), TRAGACANTH GUM, SALT, NATURAL FLAVOR, CALCIUM LACTATE (PRESERVATIVE)), EGG, NATURAL FLAVORS, SALT, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE)

CONTAINS WHEAT, EGG, MILK, AND ALMOND

← If the product contains any of the nine major allergens (peanuts, tree nuts, wheat, milk, egg, soy, sesame, fish, or crustacean shellfish) they must be listed by the name of the source food. The almond, in this case, comes from the almond extract. If an artificial extract was used, the almond would no longer need to be declared as an allergen.

Frosted Sugar Cookies (pink)

INGREDIENTS: CONFECTIONER'S SUGAR (SUGAR, CORN STARCH), FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), BUTTER (CREAM, SALT), SUGAR, WATER, MERINGUE POWDER (POWDERED SUGAR, SUGAR, EGG WHITES, ARABIC GUM, AMMONIUM ALUMINUM SULFATE (FLAVOR ENHANCER), TRAGACANTH GUM, SALT, NATURAL FLAVOR, CALCIUM LACTATE (PRESERVATIVE)), EGG, NATURAL FLAVORS, SALT, BAKING POWDER (CORN STARCH, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE), ARTIFICIAL COLOR (RED 40, RED 3)

CONTAINS WHEAT, EGG, MILK, AND ALMOND

Food colorings can be listed as “artificial color”, but any of the FD&C numbered colors must be listed by name in parentheses. When possible, the ingredient list on a label should only list those colors present in the product in that package. Full service products can list all of their colorings in a separate list, and only need list the uncolored ingredients for the product in question.

Both spices and flavoring extracts can also be listed in more generic forms. Spices (excluding salt, onion, garlic, celery, and those that are also colors) can be combined under the single name “spices” and listed in descending order by the combined weight of all spices together. Extracts can also be combined, and listed as “natural flavors” (if all extracts are natural), “artificial flavors” (if all are artificial), or “natural and artificial flavors” (if both types are present).

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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
Vegetable 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.