Calorie chart: flours and baking ingredients (PDF)

Calories, protein, carbohydrate and fat for 156 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Acorn Flour	1 oz (28.4 g)	142	**501**	7.5	54.7	30.2
Agar	100 g	306	**306**	6.2	80.9	0.3
All-Purpose Flour	1/4 cup (31.3 g)	114	**364**	10.3	76.3	1
All-Purpose Flour Calcium-Fortified	1 cup (125 g)	455	**364**	10.3	76.3	1
All-Purpose Flour Unenriched	1 cup (125 g)	455	**364**	10.3	76.3	1
Almond Flour	1/4 cup (28 g)	165	**590**	21.4	18.7	52.5
Almond Paste	1 oz (28.4 g)	130	**458**	9	47.8	27.7
Apple Pie Filling	1 serving (85 g)	85	**100**	0.1	26.1	0.1
Arrowroot	1 cup (128 g)	457	**357**	0.3	88.2	0.1
Artificial Blueberry Muffin Mix	1 muffin (31 g)	126	**407**	4.7	77.5	8.7
Baking Powder	1 tsp (4.6 g)	2	**53**	0	27.7	0
Baking Soda	1 tsp (4.6 g)	0	**0**	0	0	0
Barley Flour	1 cup (148 g)	511	**345**	10.5	74.5	1.6
Barley Malt Flour	1 cup (162 g)	585	**361**	10.3	78.3	1.8
Biscuit Mix	1 cup, purchased (120 g)	514	**428**	8	63.4	15.4
Blueberry Muffin Mix	1 serving (43 g)	126	**293**	3.5	61	3.3
Blueberry Pie Filling	1 cup (262 g)	474	**181**	0.4	44.4	0.2
Bread Flour	1 cup (137 g)	495	**361**	12	72.5	1.7
Bread Flour Unenriched	1 cup unsifted, dipped (137 g)	495	**361**	12	72.5	1.7
Brown Rice Flour	1 cup (158 g)	574	**363**	7.2	76.5	2.8
Brownie Mix	1 oz (28.4 g)	123	**434**	4	76.6	14.9
Buckwheat Flour	1 cup (120 g)	402	**335**	12.6	70.6	3.1
Buckwheat Pancake Mix	1 cup, poured from box (122 g)	415	**340**	10.9	71.3	2.7
Cake Flour	1 cup unsifted, dipped (137 g)	496	**362**	8.2	78	0.9
Carob Flour	1 cup (103 g)	229	**222**	4.6	88.9	0.7
Cherry Pie Filling	0.12 can (74 g)	85	**115**	0.4	28	0.1
Chickpea Flour	1 cup (92 g)	356	**387**	22.4	57.8	6.7
Chocolate Chip Cookie Mix	1 oz (28.4 g)	141	**497**	4.6	66.1	25.2
Chocolate Frosting	2 tbsp creamy (41 g)	163	**397**	1.1	63.2	17.6
Chocolate Frosting Mix	1 package (388 g)	1509	**389**	1.3	92	5.2
Chocolate Frosting Mix with Butter	2 tablespoon (33 g)	135	**408**	1.1	71.8	13.1
Chocolate Frosting Mix with Margarine	2 tablespoon (33 g)	133	**404**	1.1	71	12.9
Cocoa Powder	1 tbsp (5.4 g)	12	**228**	19.6	57.9	13.7
Coconut Nut Frosting	0.08 package (38 g)	165	**433**	1.5	52.7	24
Compressed Baker's Yeast	1 cake (0.6 oz) (17 g)	18	**105**	8.4	18.1	1.9
Corn Flour	1 cup (117 g)	422	**361**	6.9	76.9	3.9
Cornbread Mix Enriched	1 oz (28.4 g)	119	**418**	7	69.5	12.2
Cornbread Mix Unenriched	1 oz (28.4 g)	119	**418**	7	69.5	12.2
Cornmeal	1 cup (157 g)	581	**370**	7.1	79.5	1.8

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Cornstarch	1 tbsp (8 g)	30	**381**	0.3	91.3	0.1
Cracker Meal	1 cup (115 g)	440	**383**	9.3	80.9	1.7
Cream Cheese Frosting	2 tbsp creamy (33 g)	137	**415**	0.1	67.3	17.3
Cream of Tartar	1 tsp (3 g)	8	**258**	0	61.5	0
Dark Rye Flour	1 cup (128 g)	416	**325**	15.9	68.6	2.2
Degermed White Cornmeal Unenriched	1 cup (157 g)	581	**370**	7.1	79.5	1.8
Degermed Yellow Corn Flour Unenriched	1 cup (126 g)	473	**375**	5.6	82.8	1.4
Degermed Yellow Cornmeal Unenriched	1 cup (157 g)	581	**370**	7.1	79.5	1.8
Dietetic Pancake Mix	1 oz (28.4 g)	99	**349**	8.9	73.9	1.4
Dietetic White Cake Mix	1 oz (28.4 g)	113	**397**	3	79.6	8.4
Dutch Process Breakfast Cocoa	1 tablespoon Ghirardelli label 2011 (6 g)	29	**479**	16.8	49.7	23.7
Dutch Process Cocoa	1 tbsp (5.4 g)	12	**220**	18.1	58.3	13.1
Gingerbread Cake Mix	1 oz (28.4 g)	124	**437**	4.4	74.6	13.8
Guar and Locust Bean Gum	1 oz (28.4 g)	94	**332**	4.6	77.3	0.5
Hershey's European Style Cocoa	1 tbsp (5 g)	21	**410**	20	60	10
High-Fat Sesame Flour	1 oz (28.4 g)	149	**526**	30.8	26.6	37.1
Homemade Chocolate Glaze with Butter	2 tablespoon (33 g)	118	**359**	1.4	72.2	7.2
Homemade Frosting Glaze	1 recipe yield (327 g)	1115	**341**	0.4	83.7	0.5
Incomplete Pancake Mix	1 cup, poured from box (112 g)	398	**355**	10	73.6	1.7
Industrial Flour 10% Protein	100 g	366	**366**	9.7	76.2	1.5
Industrial Flour 10% Protein Unbleached	100 g	366	**366**	9.7	76.2	1.5
Industrial Flour 10% Protein Unenriched	100 g	366	**366**	9.7	76.2	1.5
Industrial Flour 11.5% Protein	100 g	363	**363**	11.5	73.8	1.5
Industrial Flour 11.5% Protein Unbleached	100 g	363	**363**	11.5	73.8	1.5
Industrial Flour 11.5% Protein Unenriched	100 g	363	**363**	11.5	73.8	1.5
Industrial Flour 13% Protein	100 g	362	**362**	13.1	72.2	1.4
Industrial Flour 13% Protein Unenriched	100 g	362	**362**	13.1	72.2	1.4
Industrial Flour 15% Protein	100 g	362	**362**	15.3	69.9	1.4
Industrial Flour 15% Protein Unenriched	100 g	362	**362**	15.3	69.9	1.4
Industrial Flour 9% Protein	100 g	367	**367**	8.9	77.3	1.4
Industrial Flour 9% Protein Unenriched	100 g	367	**367**	8.9	77.3	1.4
Kraft Shake 'N Bake Original Pork Coating	1 serving (28 g)	106	**377**	6.1	79.8	3.7
Krusteaz Almond Poppyseed Muffin Mix	1 serving (40 g)	167	**418**	5.6	75.6	10.3
Light Rye Flour	1 cup (102 g)	364	**357**	9.8	76.7	1.3
Light Yellow Cake Mix	1 oz (28.4 g)	115	**404**	4.7	84.1	5.5
Liquid Pectin	1 fl oz assumed specific gravity of honey (28.4 g)	3	**11**	0	2.1	0

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Low Calorie Cherry Pie Filling	1 cup (264 g)	140	**53**	0.8	12	0.2
Low Sodium Baking Powder	1 tsp (5 g)	5	**97**	0.1	46.9	0.4
Low-Fat Cottonseed Flour	1 oz (28.4 g)	94	**332**	49.8	36.1	1.4
Low-Fat Sesame Flour	1 oz (28.4 g)	94	**333**	50.1	35.5	1.8
M&M's Milk Chocolate Mini Baking Bits	1 serving 0.5 oz, about 1 tbsp (14 g)	70	**502**	4.8	68.4	23.4
M&M's Semisweet Mini Baking Bits	1 serving 0.5 oz, about 1 tbsp (14 g)	72	**517**	4.4	66	26.2
Martha White Buttermilk Biscuit Mix	1 serving (41 g)	159	**388**	7.8	59.4	13.2
Martha White Chewy Fudge Brownie Mix	1 serving (28 g)	114	**407**	4.4	83.6	6.2
Masa Corn Flour White Unenriched	1 cup (114 g)	414	**363**	8.5	76.6	3.7
Masa Corn Flour Yellow Enriched	1 cup (114 g)	414	**363**	8.5	76.6	3.7
Masa Harina	1 cup (114 g)	414	**363**	8.5	76.6	3.7
Mexican Baking Chocolate Squares	1 tablet (20 g)	85	**426**	3.6	77.4	15.6
Millet Flour	1 cup (119 g)	455	**382**	10.8	75.1	4.3
Nabisco Oreo Crunchies Cookie Crumbs	1 serving (11 g)	52	**476**	4.8	70.2	21.5
Oat Flour	1 cup (104 g)	420	**404**	14.7	65.7	9.1
Oatmeal Cookie Mix	1 oz (28.4 g)	131	**462**	6.5	67.3	19.2
Partially Defatted Cottonseed Flour	1 cup (94 g)	337	**359**	41	40.5	6.2
Partially Defatted Cottonseed Meal	1 oz (28.4 g)	104	**367**	49.1	38.4	4.8
Partially Defatted Safflower Seed Meal	1 oz (28.4 g)	97	**342**	35.6	48.7	2.4
Partially Defatted Sesame Flour	1 oz (28.4 g)	108	**382**	40.3	35.1	11.9
Partially Defatted Sesame Meal	1 oz (28.4 g)	161	**567**	17	26	48
Partially Defatted Sunflower Seed Flour	1 cup (64 g)	209	**326**	48.1	35.8	1.6
Peanut Flour Defatted	1 cup (60 g)	196	**327**	52.2	34.7	0.6
Peanut Flour Low Fat	1 cup (60 g)	257	**428**	33.8	31.3	21.9
Pectin Dry Mix	1 package (1.75 oz) (50 g)	163	**325**	0.3	90.4	0.3
Pie Crust Mix	1 oz (28.4 g)	147	**518**	6.9	52.1	31.4
Popover Mix Enriched	1 oz (28.4 g)	105	**371**	10.4	71	4.3
Popover Mix Unenriched	1 oz (28.4 g)	105	**371**	10.4	71	4.3
Potato Flour	1 cup (160 g)	571	**357**	6.9	83.1	0.3
Pudding-Type Carrot Cake Mix	1 oz (28.4 g)	118	**415**	5.1	79.2	9.8
Pudding-Type Chocolate Cake Mix	1 oz (28.4 g)	111	**391**	4.6	80.2	8.1
Pudding-Type White Cake Mix	1 oz (28.4 g)	120	**423**	3.9	80.9	9.5
Pudding-Type White Cake Mix Unenriched	1 oz (28.4 g)	120	**423**	3.9	81	9.5
Pudding-Type Yellow Cake Mix	1 oz (28.4 g)	120	**423**	4	80	9.8
Rennin Tablets Unsweetened	1 package (0.35 oz) (9.9 g)	8	**84**	1	19.8	0.1
Rice Flour	1 cup (158 g)	578	**366**	6	80.1	1.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Rye Flour	1 cup (102 g)	356	**349**	10.9	75.4	1.5
Self-Rising Flour	1 cup (125 g)	443	**354**	9.9	74.2	1
Self-Rising White Cornmeal Bolted	1 cup (122 g)	407	**334**	8.3	70.3	3.4
Self-Rising White Cornmeal Degermed	1 cup (138 g)	490	**355**	8.4	74.8	1.7
Self-Rising White Cornmeal with Wheat Flour	1 cup (170 g)	592	**348**	8.4	73.4	2.9
Self-Rising Yellow Cornmeal Bolted	1 cup (122 g)	407	**334**	8.3	70.3	3.4
Self-Rising Yellow Cornmeal Degermed	1 cup (138 g)	490	**355**	8.4	74.8	1.7
Self-Rising Yellow Cornmeal with Wheat Flour	1 cup (170 g)	592	**348**	8.4	73.4	2.9
Semolina	1 cup (167 g)	601	**360**	12.7	72.8	1.1
Semolina Unenriched	1 cup (167 g)	601	**360**	12.7	72.8	1.1
Sorghum Flour	1 cup (121 g)	434	**359**	8.4	76.6	3.3
Sorghum Flour Refined	1 cup (161 g)	575	**357**	9.5	76.9	1.2
Soy Flour	1 cup, stirred (84 g)	365	**434**	37.8	31.9	20.7
Soy Flour Defatted	1 cup (105 g)	343	**327**	51.5	33.9	1.2
Soy Flour Full-Fat Roasted	1 cup, stirred (85 g)	373	**439**	38.1	30.4	21.9
Soy Flour Low-Fat	1 cup, stirred (88 g)	327	**372**	49.8	30.6	8.9
Soy Meal Defatted Raw	1 cup (122 g)	411	**337**	49.2	35.9	2.4
Straight Phosphate Baking Powder	1 tsp (4.6 g)	2	**51**	0.1	24.1	0
Sugar Free Brownie Mix	1 oz (28.4 g)	121	**426**	2.9	80.4	12.5
Tapioca Pearls	1 cup (152 g)	544	**358**	0.2	88.7	0
Unbleached All-Purpose Flour	1 cup (125 g)	455	**364**	10.3	76.3	1
Unflavored Gelatin	1 envelope (1 tbsp) (7 g)	23	**335**	85.6	0	0.1
Unsweetened Baking Chocolate	1 cup, grated (132 g)	847	**642**	14.3	28.4	52.3
Unsweetened Liquid Baking Chocolate	1 oz (28.4 g)	134	**472**	12.1	36.2	47.7
Vanilla Frosting	2 tbsp creamy (33 g)	138	**418**	0	67.9	16.2
Vanilla Frosting Mix	1 package (411 g)	1685	**410**	0.3	93.8	4.9
Vanilla Frosting Mix with Margarine	2 tablespoon (33 g)	136	**413**	0.3	74.3	12.7
Vital Wheat Gluten	100 g	370	**370**	75.2	13.8	1.9
Wheat Bran Muffin Mix	1 oz (28.4 g)	112	**396**	7.1	73	12
Wheat Tortilla Flour Mix	1 cup (111 g)	450	**405**	9.7	67.1	10.6
White Cornmeal	1 cup (157 g)	581	**370**	7.1	79.5	1.8
White Fluffy Frosting Mix	1 package (207 g)	768	**371**	2.3	94.9	0
White Fluffy Frosting Mix with Water	1 package yields (315 g)	769	**244**	1.5	62.6	0
Whole Wheat Flour	1 cup (120 g)	408	**340**	13.2	72	2.5
Whole Wheat Pancake Mix	1 cup, poured from box (140 g)	482	**344**	12.8	71	1.5
Whole Wheat Pancake Mix Higher Sodium	1/4 cup mix 1 serving (38 g)	133	**350**	10.5	74.1	1.3
Whole-Grain Blue Corn Flour	1 tbsp (6.9 g)	25	**364**	8.8	73.9	5.1
Whole-Grain Soft Wheat Flour	100 g	332	**332**	9.6	74.5	2

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Whole-Grain Triticale Flour	1 cup (130 g)	439	**338**	13.2	73.1	1.8
Whole-Grain White Corn Flour	1 cup (117 g)	422	**361**	6.9	76.9	3.9
Whole-Grain White Cornmeal	1 cup (122 g)	442	**362**	8.1	76.9	3.6
Whole-Grain Yellow Cornmeal	1 cup (122 g)	442	**362**	8.1	76.9	3.6
Yeast	1 packet (7.2 g)	23	**325**	40.4	41.2	7.6
Yellow Cake Mix Enriched	1 serving (43 g)	161	**374**	3.7	81.9	3.5
Yellow Cake Mix Unenriched	1 oz (28.4 g)	122	**432**	4.4	78.1	11.6

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/flours-and-baking-ingredients/